

## FROM THE SCIENTIFIC DIRECTOR

Dear members of the SMRC community,



October marks Breast Cancer Awareness Month, and I want to take a moment to celebrate not just important research in this domain led by the SMRC, but also draw attention to the broader scope of women's health research at St. Mary's. Historically, women's health remains an under-explored area of science. This has resulted in significant gaps in knowledge. For example, 70% of patients experiencing "medically unexplained symptoms" are women, highlighting the necessity for more inclusive and women-specific research. SMRC is committed to addressing this gap. Our researchers are advancing knowledge in areas critical to women's health, including breast cancer, urogynecology, HPV, and more.

As of 2023, women make up approximately 50.3% of Canada's population and 48% of the labour force, according to Statistics Canada. Despite this, more research funding has historically been allocated to diseases that predominantly affect men. For instance, cardiovascular research traditionally focused on male experiences, though heart disease is also a leading cause of death among women. Many clinical trials in the past were male-dominated, meaning women-specific health issues or responses to treatments have not been as comprehensively studied.

At SMRC, our dedicated team of researchers is advancing scientific knowledge and striving to make tangible, lasting impacts on the lives of women receiving care. With more than 80% of our staff identifying as female, our research is deeply informed by the lived experiences of those who directly relate to and benefit from these studies. For more information about SMRC's active research on women's health, please turn to page 2.

I would also like to extend my heartfelt congratulations to Dr. Jeannie Haggerty, the recent recipient of the National Assembly of Quebec's prestigious Médaille de la députée. Dr. Haggerty was given this well-deserved recognition for her crucial contributions across the province in improving primary healthcare services tailored towards patient needs. We are fortunate to have had her as an integral member of the SMRC family for the past 14 years.

I hope you had the opportunity to be present at the 4th Annual Scientific Director's Presentation on September 19th, where I outlined our strategic priorities for the new academic year. Highlights of the presentation are on page 15. St. Mary's Research Centre continues to grow and strengthen its institutional structure, as St. Mary's celebrates its 100th anniversary.

Ari N. Meguerditchian, MD  
Scientific Director

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# Research Improving Women's Health



At St. Mary's Research Centre, we prioritize the inclusion of women in clinical research, recognizing that it is essential to advancing equitable healthcare. The women's health gap refers to the historical bias towards using male participants only when conducting research, leaving significant gaps in our understanding of women's health.

Our research centre is committed to closing this gap by ensuring that women are represented in the studies we conduct and the research perspectives we consider, leading to more accurate science on better care. In addition to this drive towards ensuring greater research participation by women, we currently support a number of active research projects addressing specifically women's health issues. Here are highlights of a few projects across research domains.

- Dr. Anita Koushik is leading a CIHR-funded project titled, "The impact of intrauterine device use on ovarian cancer risk." This research aims to assess whether increased use of intrauterine devices (IUDs), coupled with a decline in birth control pill usage, affects the risk of ovarian cancer in women of all ages. Additionally, the project examines differences between usage of various types of IUDs, which will ultimately provide women with more informed options when making contraceptive decisions. This work is part of Dr. Koushik's broader research portfolio, which investigates various factors that influence ovarian and breast cancer risk.
- Dr. Sylvie Lambert's project titled "From patient-reported outcomes (PROs) to family-reported outcomes (FROs): acceptability and perceived usefulness of routine screening in cancer care" addresses a critical aspect of caregiver well-being, through its exploration of acceptability and structure of FRO screening. Women often take on caregiving roles for family members with cancer, and these screening processes can improve both their own health and the care they provide to patients.

# Research Improving Women's Health



- Dr. Ari Meguerditchian delves into the educational aspect of breast cancer research in a project titled, “How reliable are post-mastectomy breast reconstruction videos on YouTube?”. By assessing the quality, reliability, and bias in these videos, the study identifies gaps in the information women rely on when making critical healthcare decisions. Its findings could lead to improved educational resources for women, improving informed decision-making around breast cancer treatments and reconstruction options.
- SMRC also has numerous ongoing clinical trials on breast cancer led by the oncology team, including collaborative research projects with the McPeak-Sirois Group. For more information, see our Roster of Oncology Trials section on page 11.
- Dr. Maryse Larouche is making important progress in urogynecology research, as evidenced in her paper titled “vNOTES versus laparoscopic uterosacral ligament suspension for apical pelvic organ prolapse: perioperative and short-term outcomes”. Dr. Larouche and her team are trained in applying the novel surgical approach, Vaginal Natural Orifice Transluminal Endoscopic Surgery (vNOTES). This approach can offer improved outcomes for women undergoing surgery for pelvic organ prolapse, as well as lead to better recovery and outcomes for women with pelvic organ prolapse, improving their quality of life. By reporting on the work that SMHC surgeons are doing to improve surgical outcomes for women, Dr. Larouche is helping other surgeons consider state-of-the-art techniques to better serve their patients.
- Dr. Talia Malagon recently received CIHR-funding for her project titled “Interactions between human papillomavirus infections, bacterial vaginosis, and genital microbiomes of sex partners”. By examining how certain bacteria impact HPV infection, this research could lead to novel interventions that reduce HPV risk and improve women's reproductive and sexual health. Understanding the microbiome's role in infection clearance may also provide new strategies for preventing recurrent bacterial vaginosis, a common issue affecting many women.

# Research Improving Women's Health



- Dr. Julia Chabot recently received CIHR funding for her project titled “AHEAD with eConsult: advancing health equity and access to specialist care for persons with lived and living experience of dementia.” This research aims to improve how eConsult services support individuals living with dementia, ensuring equitable access to high-quality specialist care. Cognitive issues including dementia, Alzheimer’s, and others disproportionately affect women in old age; in fact, nearly two-thirds of Americans with Alzheimer’s disease are women[1]. By addressing gaps in care and incorporating expertise in dementia, aging, long-term care, and equity, the project seeks to enhance health outcomes for persons with dementia and promote fairness in accessing necessary specialist care.

SMRC is also actively involved in ensuring this knowledge is shared with those who can most benefit from it. In the past year, SMRC has made a consistent effort to communicate our research advances in women’s healthcare with our surrounding communities, who can benefit from these findings.

Last fall, SMRC held a Community Conference on “Breast Cancer Research: Putting Patients First”. SMRC researchers Sylvie Lambert, Ilja Ormel, Nina Morena and Nicholas Meti engaged in a panel discussion moderated by Dr. Ari Meguerditchian, exploring different ways that the patient voice influences research to improve the quality of care provided to breast cancer patients. This event resulted in increased collective knowledge about the current state of patient care within our healthcare system, and our researchers provided their expert perspectives on tangible steps we can take as healthcare practitioners to improve care standards.

As part of Breast Cancer Awareness month, SMRC is currently organising an education workshop on “Breast Cancer and Clinical Research” in collaboration with the McPeak-Sirois Group. This interactive workshop will be held on October 16, 2024 at a community organisation: Femmes du monde à Côte-des-Neiges. Femmes du Monde is a women’s centre bringing together members from various ethno-cultural communities.

[1] <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/women-and-alzheimer-s>

# Research Improving Women's Health



SMRC will also be participating in the “Breast Cancer” component of the next Health Fair held in Côte-des-Neiges on April 26, 2025. This unifying event will combine workshops and on-site consultations with medical specialists.

St. Mary's Research Centre is proud to say that we have made considerable strides forward in improving women's health research. As our research centre continues to grow, we are committed to expanding this work, ensuring that women are fully represented in our studies. By prioritizing their inclusion, we aim to develop more effective, tailored treatments and healthcare solutions that meet the needs of all patients. At St. Mary's, we believe that to deliver the best patient-centered care, we must first embrace a wide range of perspectives within our research environment and projects.





## Dr. Jeannie Haggerty awarded the Médaille de la députée by the Quebec National Assembly

Congratulations to Dr. Jeannie Haggerty on recently receiving the Médaille de la députée from the National Assembly of Quebec. This award recognizes her outstanding contributions to advancing patient-centered primary healthcare services across Quebec.

Dr. Haggerty is a Principal Scientist at SMRC and the inaugural holder of the McGill Research Chair in Family and Community Medicine. She has led pioneering research that has fundamentally redefined how patient experiences are integrated into healthcare delivery. Her work has been instrumental in shaping patient-centered policies that ensure healthcare services are responsive, compassionate, and effective.



SMRC is incredibly proud of this well-deserved achievement, and is pleased that Dr. Haggerty's work has been recognized for its high-level impacts on Quebec's primary health services. We are honoured to have her as part of our SMRC team. For more information about Dr. Jeannie Haggerty's achievement, [please consult our press release](#).

## Dr. Sylvie Lambert receives Canada Research Chair-Tier 2 for 2024-2029 term

SMRC is delighted to share that Dr. Sylvie Lambert's Canada Research Chair (Tier 2) in Illness Self-Management Support Interventions for Patients and Their Family Caregivers has been renewed. Throughout her first term (2017-2023), Dr. Lambert made remarkable strides in advancing self-management research, particularly in developing innovative, sustainable, and low-cost interventions that are adaptable to real-world practice.



# SMRC News



Notably, Dr. Lambert's TEMPO program—a web-based self-management and physical activity initiative for men with prostate cancer and their caregivers—gained significant national attention, culminating in a large pan-Canadian trial recently funded by CIHR. This program's focus on patient-centred care aligns perfectly with SMRC's mission to empower patients and caregivers while reducing the burden on our healthcare system.

As a Principal Scientist at SMRC for the past decade, Dr. Lambert's contributions have garnered international recognition. We are incredibly proud to have Dr. Lambert as part of our team, and look forward to her continued excellence in research that directly impacts patient care.

## **Dr. Anita Koushik appointed Director of the Division of Cancer Epidemiology at McGill University**

We are thrilled to announce that Dr. Anita Koushik, SMRC Principal Scientist, has been appointed as the Director of the Division of Cancer Epidemiology (DCE) in the Department of Oncology at McGill University.

Dr. Koushik is the inaugural holder of the McGill University Chair in Community Cancer Care at St. Mary's, where she has made significant contributions to advancing community cancer care through innovative research and education. She has an impressive track record in cancer research, particularly in understanding the etiology of cancer to enhance primary prevention and risk assessment.



Dr. Koushik's predecessor, Dr. Eduardo Franco, highlighted that Dr. Koushik is well-positioned to lead the division into a new era of progress and accomplishments, bringing the DCE to new heights of prominence. Her current work, which focuses on ovarian cancer, investigates the role of lifestyle factors in its development and prognosis. As part of the Ovarian Cancer Association Consortium, her research is making significant strides in improving the quality of life for cancer survivors.

We extend our heartfelt congratulations to Dr. Koushik on this prestigious appointment and look forward to her continued contributions to cancer research and epidemiology through her roles at both SMRC and McGill University.



## Dr. Talía Malagón featured in new research video

SMRC's Dr. Talía Malagón recently collaborated with the Canadian Cancer Society to create a video highlighting her research on interactions between partner genital microbiomes and HPV infections.

This video provides an overview of the relationship between HPV and different cancers, as well as an understanding of Dr. Malagón's research at SMRC, specifically focusing on factors influencing why some people may get cancer from HPV, and others may not.



[Watch the full video on SMRC's website.](#)

## St. Mary's Research Centre's Annual Report for 2023 is now available on our website

[Find the report here.](#)

### SMRC's recent student successes:

#### **Sarah Botting-Provost awarded a Canadian Cancer Society (CCS) Research Training Award**

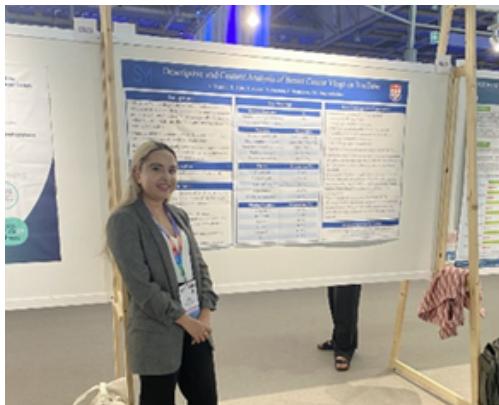
SMRC student Sarah Botting-Provost has recently been awarded a CCS Research Training Award. The intent of this award is to foster growth and innovation within the next generation of cancer researchers. Sarah is currently completing her PhD under the supervision of Dr. Talía Malagón, and her research focuses on assessing lifestyle risk factors and social inequalities in breast cancer stage at diagnosis.





## Nina Morena presented abstract at the EONS17 conference at ESMO 2024

SMRC student Nina Morena presented her research abstract, “Descriptive and content analysis of breast cancer vlogs on YouTube”, at the European Oncology Nursing Society’s 17th conference. Nina is currently working towards her PhD under the supervision of Dr. Ari Meguerditchian. Following the conference, her abstract will be published in the ESMO 2024 Abstract Book, a supplement to the official ESMO journal, *Annals of Oncology*.



## Jennifer Ritonja awarded the Cancer Research Society (CRS) Next Generation of Scientists Award

SMRC student Jennifer Ritonja received the CRS Next Generation of Scientists award, which aims to support the most promising postdoctoral fellows in becoming next generation’s leading researchers.

The first part of this award will support her current project under Dr. Anita Koushik’s supervision, examining how the timing of obesity and physical activity during adulthood impacts ovarian cancer risk. The second portion will support Jennifer’s research once securing a faculty position, where she plans to examine how changes in breast density, particularly during the menopausal transition, influence future breast cancer risk.



# Academic Output



## Peer-reviewed scientific publications

Dima Mahmoud, Michael Yassa, Leticia Alvarado, Christine Lambert, Sarkis Meteressian, Dawn Anderson, Francine Tremblay, Naim Otaky, John Keyserlingk, Valerie Panet-Raymond, Neil Kopek, Marc David, Marie Duclos, Catherine Pembroke, David Fleiszer, **Ari N Meguerditchian**, Antoine Loutfi, Danny Lavigne, Tarek Hijal. "Single pre-operative radiation therapy (SPORT-CK) trial for low-risk breast cancer: Early results of a phase 2 study." *Radiotherapy and Oncology*, 2024. <https://doi.org/10.1016/j.radonc.2024.110510>

**Khandideh K.A. Williams**, Aisha Lofters, Shamara Baidooobonso, **Isabelle Leblanc**, **Jeannie Haggerty**, Alayne M. Adams. "Embracing Black heterogeneity: the importance of intersectionality in research on anti-Black racism and health care equity in Canada." *Canadian Medical Association Journal*, 2024. <https://doi.org/10.1503/cmaj.230350>

Malek Dhane, Quentin Gober, **Lyndia Dernis**. "Reusable breathing circuits: an environmentally sustainable alternative." *Can J Anesth/J Can Anesth* (2024). <https://doi.org/10.1007/s12630-024-02843-w>

Nader Henry, Christian Haddad, Jad Abi-Rafeh, **Ari-Nareg Meguerditchian**, Joshua Vorstenbosch. "Breast Implant Rupture Surveillance Practices among Plastic Surgeons in Publicly Funded Healthcare Systems." *International Society of Aesthetic Plastic Surgery*, 2024. <https://doi.org/10.1007/s00266-024-04345-y>

Natasha Szuber, Harold J. Olney, Steve Dagenais-Bellefeuille, Mégane Tanguay, **Awatef Shehabeldeen**, Saima Ahmed, Michaël Harnois, **Jaroslav Prchal**, Lambert Busque, Shireen Sirhan. "Perioperative Outcomes in Patients With Myeloproliferative Neoplasms: a Multicentric Analysis of 354 Surgical Procedures." *Blood Vessels, Thrombosis & Hemostasis*, 2024. <https://doi.org/10.1016/j.bvth.2024.100026>.

**Nina Morena**, Libby Ben-Zvib, Victoria Haymanc, Mary Houd, Andrew Gorgye, Diana Nguyenf, Carrie A. Rentschlera, **Ari N. Meguerditchian**. "How reliable are post-mastectomy breast reconstruction videos on YouTube?" *Surgical Oncology Insight*, 2024. <https://doi.org/10.1016/j.soi.2024.100094>

Paul Kooner, **Sandhya Baskaran**, Vanessa Gibbs, Sam Wein, **Ronald Dimentberg**, **Anthony Albers**. "Commercially available activity monitors such as the fitbit charge and apple watch show poor validity in patients with gait aids after total knee arthroplasty." *Journal of Orthopedic Surgery and Research*, 2024. <https://doi.org/10.1186/s13018-024-04892-9>

# 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 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]

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

Registre cancer du sein métastatoque [Groupe McPeak-Sirois]

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 3, Randomized, Multi-center, Open-label Study of DB-1303 Versus Investigator's Choice Chemotherapy in Human Epidermal Growth Factor Receptor 2 (HER2)-low, Hormone Receptor Positive (HR+) Metastatic Breast Cancer Patients whose Disease has Progressed on Endocrine Therapy [DYNASTY-Breast02]

## Lung cancer

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

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 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 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 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 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]

# Roster of Oncology Clinical Trials



## Hematology

Statins for Venous Event Reduction in Patients with Venous Thromboembolism [The SAVER Trial]

Early Detection of Lymphoma Relapse Using Plasma ctDNA Sequencing.

A Prospective National MDS Clinical Database (MDS-CAN)

A Phase 3, Multicenter, Randomized, Double-blind, Placebo-controlled Study Comparing the Efficacy and Safety of Golcadomide Plus R-CHOP Chemotherapy vs Placebo Plus R-CHOP Chemotherapy in Participants with Previously Untreated High-risk Large B-cell Lymphoma (CA073-1020 / GOLSEEK-1)

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# Community Engagement



## Volunteer opportunities in CDN-NDG borough facilitated by SMRC

To build bridges between SMRC researchers and communities, the SMRC Social Committee has set up volunteer opportunities for its administrative and research teams in the CDN-NDG borough. It is by truly listening to the needs of communities that we can maximize the impact of our research, develop patient-centered research and adapt our interventions to their evolving needs.

In support of community-based organizations (CBOs), we recently participated in the following volunteer activities:

- Cooking workshops (August 12 and 15, 2024 and September 16 and 19, 2024) with [Femmes du monde à Côte-des-Neiges](#)
- Days of preparation and distribution of school supplies to needy families in the neighbourhood “Dépannage réseautage de la rentrée scolaire” (August 20-21, 2024) with the Table de Quartier - Côte-des-Neiges of the [Corporation de Développement Communautaire de Côte-des-Neiges](#)

Volunteer opportunities enable us to develop new collaborations with CBOs working in the health field (in line with our research themes) and develop meaningful partnerships to support knowledge transfer and the advancement of research and social innovation.

Our next volunteer activities will be with the [Indigenous Health Centre of Tiohtià:ke!](#)



# Past Events



## SMRC's Annual Scientific Director Presentation

On September 19th, 2024, St. Mary's Research Centre hosted our 4th Annual Scientific Director's Presentation, wherein members from our research community reflected on a year of remarkable progress. SMRC's Scientific Director Dr. Ari Meguerditchian presented key research and administrative achievements from the past year, and shared the research centre's goals as we continue to grow.

One key achievement this year was our success in recruiting top scientific talent, strengthening our ties with McGill University. As a university affiliated research centre, it is our priority to recruit researchers who bring fresh, cutting-edge perspectives to their fields and contribute to a culture of research excellence. We also celebrated the achievements of our students, whose innovative work continues to drive progress in healthcare research and highlights the importance of nurturing the next generation of scientific leaders.



Dr. Meguerditchian also presented a few administrative successes, including the solidification of our organizational structure, the development of a Research Support Hub, and various spatial upgrades to create a more welcoming, high-functioning environment that meets the evolving needs of our team. As our research grows, we are committed to providing the utmost support for our researchers' projects, both administrative and in the infrastructure we provide.



Looking ahead, one of our overarching goals is to elevate the global visibility of our research. By adhering to best practice guidelines such as those listed in the Declaration on Research Assessment (DORA), we can ensure our work at SMRC has a far-reaching impact. Additionally, we will be focusing our upcoming recruitment efforts on expanding our Primary Care domain, further strengthening our ability to address pressing healthcare challenges.

As we continue to build on this momentum, we are excited about the opportunities that lie ahead and look forward to sharing more developments in the near future.

# St. Mary's Research Centre Scientific Series



## Scientific Series Recap: Wednesday, August 28, 2024

### Pain Control Following Total Hip Arthroplasty: A Prospective Randomized Study

### Comparing Spinal Anesthesia Adjuncts vs. Fascia Iliaca Block vs. Pericapsular Nerve Group Block vs. Local Anesthetic Infiltration

Dr. Anthony Albers



Managing patients' pain effectively post-surgery can greatly affect their length of stay as well as improve use of resources in hospitals. On August 28th, SMRC's Dr. Anthony Albers shared findings from the SMRC Orthopedic team's 2022 CARE Grant study ("The Block Study") on treatment of patients with hip and knee arthritis.

Key takeaways from the presentation included:

- St. Mary's Orthopedics has a growing research program with focus on 3 pillars: hip and knee arthroplasty, sports orthopedics, and treatment of geriatric hip fractures.
- Local Anaesthetic Infiltration (LAI) resulted in less immediate post-operative pain, less opioid consumption, and improved patient satisfaction.
- Following this study, LAI is slowly being adopted as the common anesthesia practice for these types of surgeries.

Dr. Anthony Albers completed his medical school and orthopaedic residency training at McGill University, followed by subspecialty training in adult hip and knee reconstruction at the University of British Columbia. He holds a position of Associate Professor of Surgery at McGill University and is actively involved in teaching medical students, residents and fellows. He is also the current Director of Orthopaedic Research at St. Mary's Hospital. Dr. Albers has received numerous teaching awards, including the McGill Division of Orthopaedic Surgery Educator of the Year for 2018; the Harvey H. Sigman Undergraduate Teaching Excellence Award in 2020; and the Robert Turcotte award in 2022. His clinical focus includes all facets of hip and knee arthroplasty, of which he performs 350+ per year, including partial knee replacements and complex revision surgeries. He strives to deliver optimized care in a bilingual environment, leading his patients to the best possible functional outcomes.

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

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# St. Mary's Research Centre Scientific Series



## Scientific Series Recap: Thursday, September 5, 2024

### “Too much pain doctor!”: Training clinicians to detect expressions of psychological distress in patients of diverse ethnocultural groups

Dr. Isabelle Leblanc



Many patients from diverse cultural backgrounds may express psychosocial issues as physical ailments. On September 5th, SMRC's Dr. Isabelle Leblanc presented findings from her 2022 Care Grant study on how clinicians can better detect expressions of psychological distress in different cultural communities and contexts.

Key takeaways from the presentation included:

- Becoming familiar with different presentations of psychosocial distress across ethnocultural groups will enable family physicians properly diagnose and detect problems.
- Physicians can become aware of these presentations by pleading ignorance, asking about patient cultures, and finding shared humanity with the patient.
- Adopting appropriate authoritative strategies with patients can be beneficial in certain cases.

Dr. Isabelle Leblanc is a primary care family physician who came to medicine after training in anthropology and literature. She completed her medical studies at the University of Ottawa and her residency at McGill. In her position as an Assistant Professor in the Department of Family Medicine, McGill University, she has taught bioethics, interprofessional communication and social health issues to both students and residents in family medicine. She practices and teaches in Côte-des-Neiges, Montreal.

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

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# Upcoming Events



**Thursday, October 24, 2024**

**Scientific Series: Emilie Provost**

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

**Scientific Series**

# Émilie Provost

Nurse Practitioners in Mental Health, What Exactly Can They Do?



Emilie Provost is a Nurse Practitioner in mental health, currently working at the Douglas Mental Health University Institute and in the private sector. She works with clients affected by schizoaffective disorder-bipolar type and bipolar disorder in the public while she sees a general psychiatry clientele in the private sector. She partakes in research regarding the treatment of bipolar disorders. Mme Provost also contractually teaches at the nurse practitioner Master's program at the Université de Montréal and supervises students during their internships.

**At the end of this lecture, participants will:**

- Have a better understanding of the Nurse Practitioner's profession and professional responsibilities.
- Identify the legal limitations of a Nurse Practitioner in Mental Health.
- Identify what these professionals can bring to the table in terms of opportunities for the health sector.

**Participate in SMRC's Scientific Series**

2024.10.24 from 12 to 1pm

3777 rue Jean-Brillant H3T 0A2, floor 4, room 4730  
Or join via Teams using the QR code.



SMRC Scientific Series presentations are self-approved group learning activities (Section I) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and recognized by the College of Family Physicians of Canada.

# Upcoming Events

## Thursday, October 31, 2024 Community Conference



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

31.10.2024  
12-1pm

### Community Conference



*Co-create solutions to meet the needs of caregivers and seniors*



St. Mary's Research Centre  
3777 rue Jean-Brillant, floor 4, room 4730

Key themes covered by the speaker:

- Innovative technological and social support for caregivers, focusing on flexible respite homecare solutions through online applications
- Using co-construction to tailor solutions to the real needs of caregivers and seniors
- Technology as a catalyst for change to enhance efficiency of support to vulnerable populations
- Collaboration and partnerships with researchers to improve patient-care and health outcomes

Scan to Join Online:



Presenter

Alexandra Sabin  
Founder, Siuana Tech



FONDATION DE  
L'HÔPITAL  
ST. MARY

SMRC community conferences connect researchers and the community to foster meaningful dialogue, share knowledge, and collaborate on solutions that improve health outcomes and align with local needs.

Our upcoming Community Conference will focus on the topic of **Co-create solutions to meet the needs of caregivers and seniors**.

Our speaker, Alexandra Sabin, will emphasize the role of technology in caregiving solutions to better support these vulnerable populations.

Our aim is to foster open dialogue and build meaningful connections between the community and our researchers. With a strong foundation in caregiving research at SMRC—spanning from interventions supporting caregivers' mental health to studies on caregiving roles in chronic illness—this event offers a unique opportunity to strengthen collaboration and bridge the gap between community knowledge and health research.

To join via Teams, [follow this link](#).



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



St. Mary's Research Centre is grateful to St. Mary's Hospital Foundation for its generous financial contribution towards scientific advancement. Le Centre de recherche de St. Mary remercie la Fondation de l'Hôpital St. Mary pour son généreux soutien financier en appui à l'avancement scientifique.