



FROM THE SCIENTIFIC DIRECTOR

Dear members of the SMRC community,

As our academic year comes to a close, I am pleased to say we are going into the summer season on a high note. Our researchers truly excel in their fields, and continue to push the boundaries of innovation in patient-centred healthcare research. Notably, two recent papers were published in widely renowned academic journals: Dr. Anita Koushik's paper, "Predicted 25-hydroxyvitamin D over the adult life and the risk of ovarian cancer" in the American Journal of Epidemiology, and Dr. Maryse Larouche's paper titled "Synthetic vs nonsynthetic slings for female stress and mixed urinary incontinence: a systematic review and meta-analysis" in the American Journal of Obstetrics & Gynecology. SMRC is incredibly proud of our researchers' accomplishments, a testament to the high quality and relevance of the research being conducted within our research centre.

Knowledge transfer is one of our core priorities when cultivating our research environment. As such, I am pleased to say SMRC was represented at the recent Canadian Knowledge Mobilisation Forum 2024. Conferences like these help SMRC gain foundational insights into how to engineer a more equitable and accessible research culture, particularly in sharing the knowledge acquired through research with our communities in an approachable and effective manner.

In the past six months alone, we have already held 7 Scientific Series lectures and our first Community Conference outside of our own centre. I look forward to keeping this momentum going in the fall, with more knowledge transfer events and opportunities to share our research expertise with our communities.

I am also thrilled to congratulate Dr. Sylvie Lambert on her renewed Canada Research Chair (Tier 2) in Illness Self-Management Support Interventions for Patients and Their Family Caregivers for the 2024-2029 term. Dr. Lambert has been with SMRC for ten years, making impressive strides in improving patient-centered care. We eagerly anticipate the impacts her research will yield during her second term as CRC.

I wish our SMRC community a restful summer, and stay tuned for more events, conferences, and lectures in the fall.

Ari N. Meguerditchian, MD
Scientific Director



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Dr. Ari Meguerditchian appointed Vice-chair of the Specialty Committee in General Surgical Oncology

The Specialty Committee plays a vital role in advising the Royal College of Physicians and Surgeons of Canada on specialty-specific content issues related to standard setting, credentials, assessment, and accreditation.

Dr. Meguerditchian will serve as Vice-chair of this committee for the 2024-2026 term. Committee chairs are volunteers who are recognized by The Royal College for their experience, knowledge, and expertise.



Dr. Jeannie Haggerty joins The World Bank-PAHO Lancet Regional Health Americas Commission on Primary Health Care and Resilience

The [Lancet Regional Health Americas Commission](#) provides practical policy and operational recommendations to countries in the Latin America and Caribbean region to support most effective deployments of investments towards strengthening primary health care. Primary health care, defined as “a whole-of-society approach to health that aims at ensuring the highest possible level of health and wellbeing and their equitable distribution”[1] has long been acknowledged as a foundational strategy for achieving health for all, and has been enshrined in numerous global agreements.



[1] WHO and UNICEF (2020) Operational framework for primary health care: transforming vision into action, accessed from [The Specialty Committee plays a vital role in advising the Royal College of Physicians and Surgeons of Canada on specialty-specific content issues related to standard setting, credentials, assessment, and accreditation. Dr. Meguerditchian will serve as Vice-chair of this committee for the 2024-2026 term. Committee chairs are volunteers who are recognized by The Royal College for their experience, knowledge, and expertise.](#) on 29 Sep 2023

Dr. Sylvie Lambert receives Canada Research Chair - Tier 2 for 2024-2028 term

Congratulations to SMRC's Dr. Sylvie Lambert on the renewal of her Canada Research Chair (Tier 2) in Illness Self-Management Support Interventions for Patients and Their Family Caregivers.

Dr. Lambert made great achievements in her first term as a CRC (2017-2023), including tripling her publications and increasing her funding 9x as principal investigator. As a renowned international researcher, she has been invited to participate in ministerial task forces, give plenaries, participate in conference symposia, and collaborate with numerous peers. The vibrant research environment she established has led to the recruitment of 49 students at all levels.



SMRC is incredibly proud to have Dr. Sylvie Lambert as one of our principal scientists for 10 years now, as she continues to drive forth excellence and innovation in her research on improving patient-centred care.

Dr. Sylvie Lambert is the 2024 CAPO Research Excellence Award Recipient

This award celebrates a member whose research has made a substantial impact on the knowledge base of psychosocial oncology, showcasing originality and innovation in the field itself and in research methodology. Congratulations Dr. Lambert on this well deserved award! More information [here](#).

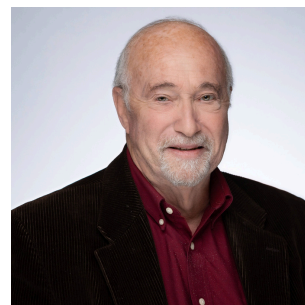
On June 12, Dr. Lambert presented a webinar to the Canadian Association of Nurses in Oncology titled "Emotional Distress in Oncology: Awareness-Screening-Access". The webinar focused on how research can improve the way we identify and manage anxiety and depression in cancer patients and provide appropriate tiered care. This presentation is a prime example of the kind of knowledge translation that earned her the CAPO award, demonstrating her expertise in ensuring that valuable research insights are effectively communicated to healthcare professionals to enhance patient care.

Dr. Sylvie Lambert receives FRQS funding as part of an Oncopole funded research team

Dr. Sylvie Lambert is co-investigator on the project titled “Créer en temps opportun des données probantes en situation réelle et des évaluations économiques pour améliorer les décisions pour les patients atteints de cancer » (PIs Elena Alice Dragomir and Armen G. Aprikian) which was recently awarded \$500 000. The [project](#) launches in September 2024 with anticipated completion in August 2027.

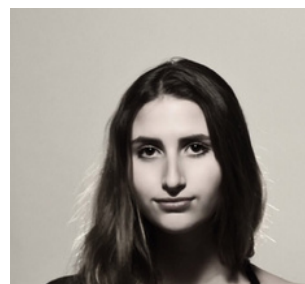
Dr. Mark Yaffe continues to disseminate findings on the self-care guidance model developed by the SMRC DIRECT research team

On May 5 2024, SMRC’s Dr. Mark Yaffe presented “Mental health self-care models: Input from a clinician scientist” at the McGill Family Medicine Research Seminars. The [Lay Mental Health Self-Care Guidance model](#) supports the delivery of self-care interventions through structured, short phone calls conducted by trained lay guides. The low-cost, accessible intervention leads to increased tool use and engagement and is a potentially sustainable alternative to professionally guided self-care for people with mild-moderate depression.



PhD Candidate Sydney Wasserman wins two prestigious awards

Congratulations to Sydney Wasserman on winning the FRQS Formation de doctorat pour les détenteurs d'un diplôme professionnel and the CIHR CGS-D Doctoral Research Award: Canada Graduate Scholarships. These awards recognize Sydney's outstanding research contributions and support her advancements in health research. Sydney is currently working with SMRC scientist Dr. Sylvie Lambert as her supervisor on a project studying the acceptability of Coping-Together Advanced for patients and caregivers facing advanced cancer with a pilot SMART.



SMRC researchers and students/trainees continue to showcase their work at national and international conferences. See our “Academic Output” section for all conference citations.

SMRC researchers present on the importance of digital health equity

Dr. Sylvie Lambert was a discussant on a panel on digital health equity at the International Behavioural Trials Network (IBTN) conference on May 17, 2024. The topic of the panel was “Issues of Equity and Access in Digital Behavioural Interventions”. The IBTN facilitates higher quality trials, provides networks and capacity for more rigorous research, and maintains a repository for recommendations, tools, and methodology papers on behavioural trials and intervention development.



Sydney Wasserman (SMRC PhD candidate) presented her work “Bridging the Digital Divide: A concept analysis of digital health equity” at the CAPO Conference on June 6, 2024. Sydney also presented this work as a [poster](#) at the IBTN conference.

St. Mary's Orthopedics group presents several projects at the Canadian Orthopaedic Association Annual Meeting in Halifax (June 12-15)

Members of SMRC's Orthopedics group presented results of a randomised trial comparing the effectiveness of different regional anesthetic adjuncts in managing postoperative pain and opioid use after total hip arthroplasty (THA). The study found that all three adjuncts significantly reduced opioid consumption compared to spinal anesthesia alone. Local Anesthetic Infiltration particularly showed lower early postoperative pain levels and trended towards higher patient satisfaction, potentially making it a preferred option for improving pain management following THA.

The Orthopedics team also presented two posters:

- Key findings of an evaluation of landmark accuracy in total knee arthroplasty using robotic assistance.
- Key findings of a study measuring the accuracy of wearable step counters in patients using gait aids after total knee arthroplasty.





The Research Support Hub continues to firmly establish itself in the St. Mary's landscape

The SMRC Research Support Hub (RSH) was formally launched earlier in 2024 to provide comprehensive support to researchers at every stage of their projects, from conception to completion and community connection. By offering a range of pre- and post-award services, the RSH aims to streamline research processes and empower SMRC researchers to focus on the essence of their work.

Formalised service offer

Through meetings and discussions with our research community, we finalized our current service offer to better align with researchers' needs. Multiple communications, [including through a page on the CIUSSS ODIM website](#), have helped ensure that the St. Mary's Hospital community familiarizes itself with the RSH to better take advantage of the support offered.

In the past few months, over 20 individual researchers have benefited from RSH services, totaling over 250 hours of support. Through careful tracking, we have identified that researchers are most frequently requesting support in relation to the setup of data collection processes and tools, training for research assistants, submission of manuscripts, and navigation of protocol submissions for REB and institutional review. The methodological and statistical consultation services previously offered through SMRC remain active and continue to be offered as part of the new RSH structure.

Expanded expertise

In April 2024, two new SMRC staff members joined the RSH, bringing additional skills and perspectives to the team.

RSH Updates



Kadidja Mazou Tahirou, Scientific Information Officer

Kadidja Mazou Tahirou holds a master's degree in international business from HEC Montreal and brings valuable experience in government affairs to the team. She is responsible for various operational and technical activities of the Research Support Hub. Kadidja manages the SMRC affiliation processes, overseeing the growing list of SMRC researchers to ensure profiles (including CVs and CCVs!) are up to date. She offers coordination to researchers throughout their grant applications, manages the submission processes, and supports the completion of all required steps.



Kadidja is fully bilingual and has expertise in content development. She delivers excellent translation services and revises texts to make them more appropriate for different target audiences. She has been working closely with several researchers to develop user-friendly data collection tools.

Lisandra Lannes, Community Engagement Officer

Lisandra Lannes specializes in community and international development. She is responsible for knowledge mobilization, community engagement, and equity, diversity, and inclusion (EDI) at SMRC.



Lisandra has several years of experience in international cooperation with national governments, international organizations, universities, university hospitals, foundations, and community organizations in the health and education sectors. Her professional experience includes overall management and project management in Latin America and the Caribbean, Sub-Saharan Africa, as well as the Middle-East and North Africa, aimed at strengthening health systems and supporting health policy development and implementation.

In the past, Lisandra acted as the Manager of the McGill International Tuberculosis Centre/World Health Organization Collaborating Centre for Tuberculosis Research. She has also worked as a Project Manager for the International Health Unit/Université de Montréal and as a Director for the Francophone branch of the International Union for Health Promotion and Education.

RSH Updates



Next steps

Looking ahead, the RSH is committed to expanding its support to researchers by integrating technical and community-focused initiatives. Over the coming months, the RSH will continue to work closely with researchers to develop new opportunities, with a strong emphasis on community engagement. This includes building bridges between researchers and community organisations/vulnerable groups—from diverse backgrounds that include gender, race, and sexual orientation—in support of collaborative research, implementation research, and integrated service delivery.

By fostering equitable community partnerships, we will support researchers in the co-creation of their knowledge mobilisation strategies, working closely with research partners. Additionally, we will encourage the implementation of EDI principles in research to maximise impact.

Our objective is to enhance community involvement in research design, facilitate knowledge translation and dissemination of research findings, and contribute to building an inclusive research community health network. This approach aims to improve access to healthcare programs and services through a patient-centred care model.

Academic Output



Peer-reviewed scientific publications

Dr. Maryse Larouche's Team Publishes Key Findings on Sling Surgery

Dr. Maryse Larouche and her team have published a significant paper in the American Journal of Obstetrics & Gynecology. Their study systematically reviewed the outcomes of sling surgery for treating women with urinary incontinence, comparing surgeries using synthetic and nonsynthetic materials. The findings suggest that synthetic slings generally result in better operative outcomes and fewer complications, making them a potentially more effective option for patients.

Reference: Maryse Larouche, Mei Mu Zi Zheng, Emily C. Yang, Rea Konci, Eric Belzile, Prubjot Kaur Gill, Roxana Geoffrion. "Synthetic vs nonsynthetic slings for female stress and mixed urinary incontinence: a systematic review and meta-analysis." American Journal of Obstetrics & Gynecology, 2024. [Link to publication](#)

Dr. Anita Koushik's Study on Vitamin D and Ovarian Cancer Risk

Dr. Anita Koushik and her team have published important findings on the relationship between adult vitamin D levels and ovarian cancer risk in the American Journal of Epidemiology. Their study found that higher predicted vitamin D levels throughout adulthood are linked to a lower risk of ovarian cancer. The strongest protective effect was observed for vitamin D levels from 5 to 20 years and 35 to 55 years before diagnosis. These findings suggest that maintaining adequate vitamin D levels throughout adulthood may help reduce ovarian cancer risk.

Reference: Jennifer A Ritonja, Coraline Danieli, Magnoudewa Priscille Pana, Michael J Palmer, Kevin L'Espérance, Vikki Ho, Michal Abrahamowicz, Anita Koushik. "Predicted 25-hydroxyvitamin D over the adult life and the risk of ovarian cancer." American Journal of Epidemiology, 2024. [Link to publication](#)

Dr. Talia Malagon's Team Publishes Landmark Paper on HPV-Associated Cancers

Dr. Talia Malagon and her team have published a landmark paper in Nature Reviews Clinical Oncology. The study provides a comprehensive overview of the epidemiology of HPV-associated cancers, covering past, present, and future perspectives. It highlights significant advances in prevention and the potential for the elimination of these cancers through vaccination and screening programs. The research underscores the importance of continued efforts to combat HPV-associated cancers and move towards their global prevention and elimination.

Reference: Malagón, T., Franco, E.L., Tejada, R., Vaccarella, S. "Epidemiology of HPV-associated cancers past, present and future: towards prevention and elimination." Nature Reviews Clinical Oncology, 2024. [Link to publication](#)

Academic Output



Dr. Sylvie Lambert's Team Publishes Innovative Study on Family-Reported Outcomes in Cancer Care

Dr. Sylvie Lambert and her team have published an innovative study in Palliative and Supportive Care. The research explores the transition from patient-reported outcomes (PROs) to family-reported outcomes (FROs) and evaluates the acceptability and perceived usefulness of routine screening in cancer care. This study highlights the importance of incorporating family perspectives into cancer care, demonstrating that FROs can provide valuable insights and improve the overall quality of care for cancer patients.

Reference: Lambert S, Loban K, Gignac AS, Magalhaes M, Brahim LO, Chehayeb S, Wasserman S. "From patient-reported outcomes (PROs) to family-reported outcomes (FROs): Acceptability and perceived usefulness of routine screening in cancer care." Palliative and Supportive Care, 2024. [Link to publication](#)

Dr. Ari Meguerditchian's ASCO abstract published in the Journal of Clinical Oncology.

Dr. Ari Meguerditchian and his team, including PhD candidate Nina Morena, presented a descriptive and content analysis of breast cancer vlogs on YouTube at the 2024 ASCO Annual Meeting. Their abstract, now published in the prestigious Journal of Clinical Oncology, highlights the significant engagement these vlogs receive. The dedication to building community demonstrated by vlog creators, along with their personal storytelling, advice, and suggestions, suggests that these vlogs could be a valuable resource for peer-to-peer support in the breast cancer community. This work has also been accepted to the Canadian Surgery Forum, Winnipeg, MB, September 25-28, 2024, as a Poster Presentation.

Reference: Morena N., Htite E., Ahisar Y., Hayman V., Rentschler CA., Meguerditchian AN. "Descriptive and content analysis of breast cancer vlogs on YouTube." Journal of Clinical Oncology 42, 2024 (suppl 16; abstr e21016). [Link to published abstract](#)

PhD candidate Khandideh Williams and Dr. Jeannie Haggerty publish findings on anti-Black racism and health care equity

PhD candidate Khandideh Williams, along with Dr. Jeannie Haggerty and their team have published a paper highlighting the critical need to consider the diverse experiences of Black individuals in health research. The authors argue that recognizing the intersections of race, gender, and other social determinants is essential for addressing anti-Black racism and promoting health care equity. This work emphasizes the importance of intersectionality in creating more inclusive and effective health policies.

Reference: Williams, K.K.A., Lofters, A., Baidooobonso, S., Leblanc, I., Haggerty, J., Adams, A.M. "Embracing Black heterogeneity: the importance of intersectionality in research on anti-Black racism and health care equity in Canada." Canadian Medical Association Journal, 2024. [Link to publication](#)

Academic Output



Conference abstract references

Kooner P., Albers A., Dimentberg R., Mutch J. Anatomic Landmarks for Coronal Alignment of the Tibial Component in Total Knee Arthroplasty: Comparison Using a Navigation System. Canadian Orthopaedic Association (e-poster). 12 June 2024.

Kooner P., Baskaran S., Gibbs V., Wein SI., Dimentberg R., Albers A. The Reliability and Validity of Wearable Activity Monitors After Total Knee Arthroplasty. Canadian Orthopaedic Association (e-poster). 12 June 2024.

Lambert S. Emotional Distress in Oncology: Awareness-Screening-Access. Canadian Association of Nurses in Oncology (webinar). 12 June 2024.

Lambert S. Issues of Equity and Access in Digital Behavioural Interventions. International Behavioural Trials Network Conference (panel discussion, chaired by Lemos M. and Brown J.) 17 May 2024.

Lambert S., Audet LA., Ould Brahim L., Schaffler J., et al. A Scoping Review of Family-Reported Outcome (FRO) Screening Programs in Chronic Disease Care. International Behavioural Trials Network Conference (poster). 16-18 May 2024.

Ould Brahim L., Lambert S., Feeley N., McCusker J., Bilsker D., Yaffe M., et al. Adapting a depression self-management intervention for adults with chronic physical conditions to include caregivers: Preliminary findings. International Behavioural Trials Network Conference (poster). 16-18 May 2024.

Park P., Zhao KY., Cierson TL., Barimani B., Albers A. Prospective Randomized Study Comparing Suprainguinal Fascia Iliaca Block vs. Pericapsular Nerve Group Block vs. Local Anesthetic Infiltration vs. Spinal Anesthetic Without Adjuncts for Pain Control Following Total Hip Arthroplasty. Canadian Orthopaedic Association (presentation). 13 June 2024.

Wasserman S., Lambert S. Bridging the Digital Divide: A concept analysis of digital health equity. Canadian Association of Psychosocial Oncology Conference (presentation). 6 June 2024.

Wasserman S., Lambert S. Bridging the Digital Divide: A concept analysis of digital health equity. International Behavioural Trials Network Conference (poster). 16-18 May 2024.

Yaffe M. Mental health self-care models: Input from a clinician scientist. McGill Family Medicine Research Seminars (presentation). 5 May 2024.

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]

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]

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]

Roster of Oncology Clinical Trials



Lung cancer - continued

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, 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]

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]

Hematology

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

Early Detection of Lymphoma Relapse Using Plasma ctDNA Sequencing.

For inquiries:

Franca Cantini, Program Manager, Oncology Clinical Trials
franca.cantini.comtl@ssss.gouv.qc.ca



St. Mary's Research Centre Scientific Series



Scientific Series Recap: Thursday, June 6, 2024

Together towards inclusion: The creation and participatory implementation of the Equity, Diversity and Inclusion Action Plan at the RI-MUHC

Diego Herrera & Nicholas Hickens



Creating an inclusive atmosphere within a working environment, particularly in healthcare, involves much collaboration and understanding of the systemic and social issues many diverse communities face. On June 6, 2024, SMRC welcomed Diego Herrera (EDI Specialist at the RI-MUHC) and Nicholas Hickens (MSc candidate in Family Medicine at McGill University) to discuss the implementation of an Equity, Diversity, and Inclusion Action Plan at the RI-MUHC.

Key takeaways from the presentation included:

- EDI is a participatory process of social change that requires collaboration; i.e., when creating an Action Plan, integrating and uplifting perspectives from all social groups is necessary.
- Documentation is key to implementing systematic changes and communicating lessons learned, in a more standardised and actionable manner that benefits future generations.
- Identifying systemic barriers and priorities is a foundational step that will allow an organisation to effectively and sensitively lay out an Action Plan.

Diego Herrera, PhD, is the Equity, Diversity and Inclusion (EDI) Specialist at the Research Institute of the McGill University Health Centre (RI-MUHC), where he is responsible for creating, implementing and monitoring strategies to make the Research Institute an inclusive work environment representative, inclusive and responsive to Canadian diversity.

Nicholas Hickens (he/him) is a healthcare professional and MSc candidate at McGill University's Department of Family Medicine. His research interests include chronic diseases and infections, optimizing and managing healthcare systems, AI in healthcare, public health ethics, and decolonizing healthcare.

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

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

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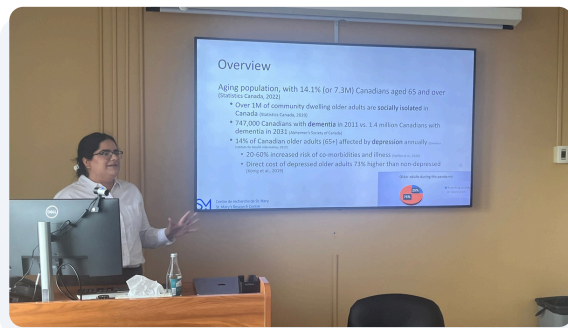
St. Mary's Research Centre Scientific Series



Scientific Series Recap: Thursday, June 20, 2024

Technological Interventions for Older Adults: An Exciting Opportunity

Harmehr Sekhon



Older adults often require unique and specialised care approaches, and integrating patient perspectives into care practices involving digital technologies can help with accessibility. On June 20, 2024, recently recruited SMRC researcher Dr. Harmehr Sekhon discussed the possibilities of technological interventions when caring for older adults.

Key takeaways from the presentation included:

- Post-COVID, many Canadians want to continue with an integrated technology approach to accessing healthcare, and telehealth represents 40% of mental health outpatient visits.
- Prioritising accessibility for VR use: older adults are provided manuals and given a full walk-through to ensure comfortability with the devices, and the content is tailored specifically to their needs (e.g., only sitting down, relaxing music, etc.).
- Technological support is needed for older adults post-discharge as currently ~12% are re-admitted within 30 days.

Dr. Harmehr Sekhon is an Assistant Professor at McGill University in Geriatric Medicine, and an Associate Scientist at St. Mary's Research Centre. Previously, she was a CIHR and Alzheimer's Society supported Postdoctoral Research Fellow at McLean Hospital, Harvard Medical School Affiliated, and at the Centre for Addiction and Mental Health (CAMH), University of Toronto Affiliated. She has over 40 manuscripts published since 2017, and has been an invited speaker and presenter at more than 20 conferences and annual scientific meetings. In addition to her commitment to science, she is also passionate about mentorship and training. Her research focus is technology-based interventions (e.g., virtual reality, robotics, telehealth, wearables, etc.) for older adults.

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

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

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