

SYMPOSIUM

McMaster Waterloo-Wellington Clinical Research
and Quality Improvement Symposium



JUNE 18, 2014

McMaster
University
HEALTH SCIENCES 



Michael G. DeGroot
SCHOOL OF MEDICINE

WELCOME

Dear Faculty, Trainees, and Community Members,



Andrew Costa

Welcome and thank you for joining us at the 1st Annual McMaster Waterloo-Wellington Clinical Research and Quality Improvement Symposium.

This new and exciting event

is devoted to research and quality improvement in the Waterloo-Wellington region. The purpose of today is to bring together local trainees, clinicians, professionals, and researchers who are working to improve the clinical care in our region.

We produce outstanding clinical research and quality improvement work in our region. This work spans the continuum from small projects undertaken by individuals to large programs completed by multidisciplinary teams. Clinical research and quality improvement is happening at our universities, hospitals, research institutes, and clinical practices. However, we have few opportunities to collaborate,

exchange ideas, and learn together. This is our goal for this symposium.

We invited local clinical trainees, non-clinical trainees, clinicians, professionals, and researchers to showcase their research and quality improvement work and be recognized for their clinical and scientific excellence. The response has been overwhelming, with over 40 abstracts submitted and accepted to this symposium from across the region.

We are also very pleased to have Dr. Roy Cameron, Executive Director of the Homewood Research Institute, deliver the inaugural keynote address. As a leader in world-class research in our region, Dr. Cameron will share his experiences in developing an effective research program as well as describe new directions being pursued by the Homewood Research Institute.

We can all work together to improve health and well-being in our region and beyond. We hope to continue to showcase and encourage capacity for clinical research and quality improvement.

OUR SPONSORS

The Centre for Family Medicine

Family Health Team



Research
Institute



UNIVERSITY OF WATERLOO
FACULTY OF SCIENCE
School of Pharmacy

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Thank you for making this event a success!

Sincerely,

Andrew Costa PhD

Research Lead,
Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

Charlie Tan MD Candidate

Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

Mohamed Hussein MD Candidate

Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

Vishaka (Shak) Chetram MSc Candidate

University of Waterloo

Samuel Xu MD Candidate

Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

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SPEAKER:
DR. ROY CAMERON

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PROGRAM

12:00-12:30 p.m. **CHECK-IN, POSTER SETUP and LUNCH**
Lecture Theatre (2018), second floor

12:30-12:45 p.m. Welcome, introduction and overview
Lecture Theatre (2018), second floor

12:45-1:30 p.m. **KEYNOTE SPEAKER – DR. ROY CAMERON**
Lecture Theatre (2018), second floor

1:30-2:30 p.m. **ORAL PRESENTATIONS – SESSION ONE**
Lecture Theatre (2018), second floor

2:30-3:30 P.M. **POSTER VIEWING and COFFEE BREAK**
Great Room, third floor

3:30-4:30 p.m. **ORAL PRESENTATIONS – SESSION TWO**
Lecture Theatre (2018), second floor

4:30-4:45 p.m. **SOCIAL BREAK**
Great Room, third floor

4:45-5:00 p.m. Closing Ceremony and presentation of awards
Lecture Theatre (2018), second floor

5:00 p.m. Symposium adjourned

ACKNOWLEDGEMENTS

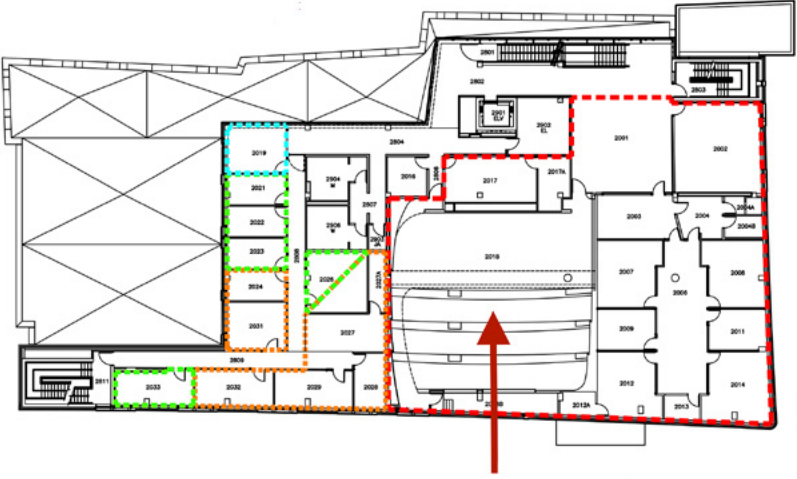
JUDGES

Dr. Cathy Morris
Dr. Nicole Didyk

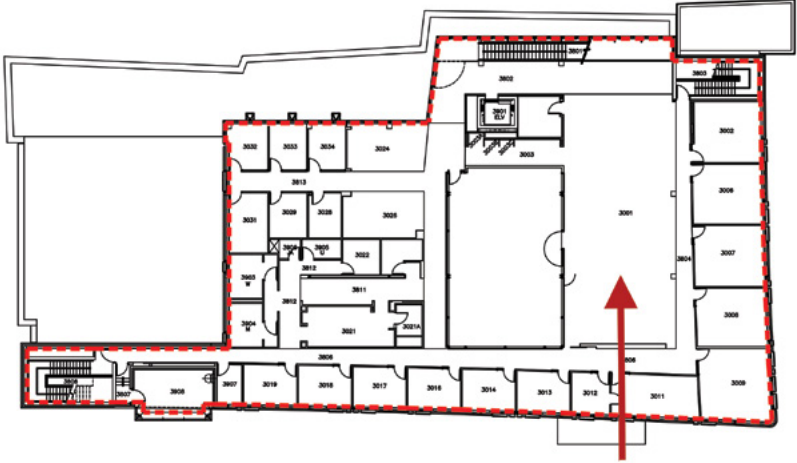
Dr. Margo Mountjoy
Dr. Dawn Guthrie

Dr. Darin Gopaul
Krista Mathias

Dr. Andrew Costa



LECTURE THEATRE (2018)



GREAT ROOM

PLANNING COMMITTEE

Lindsay Donaldson
Glenda O'Brien

Certina Ho
Dr. Michael Lee-Poy

SPECIAL THANKS

Tami Everding
Penny Schmiedendorf

KEYNOTE PRESENTATION

Dr. Roy Cameron - Executive Director of the Homewood Research Institute

Accelerating Progress in Using Evidence to Improve Practice and Outcomes: A Model Emerging with Renewal of Homewood Research Institute



Dr. Roy Cameron

Roy Cameron, Executive Director of the Homewood Research Institute, spent most of his academic career in the Faculty of Applied Health Sciences at the University

of Waterloo, where he continues as Professor Emeritus in the School of Public Health and Health Systems. He was Executive Director of the Propel Centre for Population Health Impact for 16 years, until 2011. Roy has been on faculty at the University of Saskatchewan, and a Visiting Scholar at Stanford. He has degrees in English literature and clinical psychology (from Waterloo) and did his internship at Duke University Medical Center.

For much of his career, Roy did impact oriented science designed to guide tobacco control programs and policies that prevent disease at a population level. More recently he has worked with

the Canadian Cancer Society, CIHR, the Heart and Stroke Foundation, the Public Health Agency of Canada and other organizations to create an environment that values impact-oriented science, and to build capacity for such science. The aim is to enable scientists to contribute to improving the well-being of individuals, organizations, and society. To that end, he played a catalytic role as a collaborator in creating the Canadian Tobacco Control Research Initiative, the Population Health Intervention Research Initiative for Canada and other capacity development initiatives. His Homewood role enables him to pursue this agenda of linking evidence and action in the mental health field.

Roy has received honours for his career contributions from a number of organizations including the Canadian Academy of Health Sciences (Fellow), the Society of Behavioral Medicine (Fellow), the National Cancer Institute of Canada (Diamond Jubilee Award), the University of Waterloo (University Professor and distinguished Professor Emeritus designations), and the Canadian Public Health Association (Honorary Life Membership).

ORAL PRESENTATIONS



Scan for full abstract listing

SESSION ONE – 1:30-2:30 p.m.

0-1: The Treatment of Chronic Insomnia: Lessons from Patient Care using a Sleep Diary

Appavoo, Siva

Private Practice Psychiatrist

0-2: The Level of Standardization of Electronic Medical Records among Providers in Primary Care Settings: A Scoping Review

Flanigan, K.*; Slonim, K., & Alarakhia, M

*Centre for Family Medicine FHT; Department of Family Medicine, McMaster University

0-3: Impact of Surgical Palliation Strategies on Outcomes in Children with Hypoplastic Left Heart Syndrome

Chetan, Devin*; Kotani, Yasuhiro; Jacques, Frederic; Poynter, Jeffrey; Benson, Lee; Lee, Kyong-Jin; Chaturvedi, Rajiv; Friedberg, Mark; Van Arsdell, Glen; Caldarone, Christopher; Honjo, Osami

The Hospital for Sick Children – The Labatt Family Heart Centre; *Michael G. DeGroot School of Medicine – Waterloo Regional Campus

0-4: Clinical Predictors of Protracted Length of Stay in CCC Facilities

Turcotte, Luke

University of Waterloo - School of Public Health and Health Systems

SESSION TWO – 3:30-4:30 p.m.

0-5: Population based outcomes of initiating oral atenolol or metoprolol tartrate in patients with and without chronic kidney disease

Fleet, Jamie L.*; Weir, Matthew A.;

McArthur, Eric; Ozair, Sundus; Devereaux, Philip J.; Roberts, Matthew A.; Jain, Arsh K.; Garg, Amit X

*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

0-6: Quantifying the effectiveness of restorative rehabilitation using the MDS ADL Long and Cognitive Performance Scale

Sinn, Chi-Ling J

University of Waterloo - School of Public Health and Health Systems

0-7: Improving adherence to exercise regimens post-MI through a novel text message reminder system

Pandey, Avinash*; Choudhry, Niteesh M.D., Ph.D.

*Waterloo Collegiate Institute

0-8: Sepsis at Grand River Hospital: A Current State Analysis

Charles, Christopher*; Jackson, Liam*

*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

POSTER PRESENTATIONS



Scan for full abstract listing

SESSION – 2:30-3:30 p.m.

P-1: Postpartum Screening in Gestational Diabetics at Centre for Family Medicine

Anastasia Blake and Robin Muir
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-2: What's stopping you? Barriers to screening for abdominal aortic aneurysm in an Ontario Family Health Team

Philip Harvey and Edward Weiss
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-3: "Focus on POCUS" Day in Ultrasound: A Pilot Study of brief training in point-of-care ultrasound (POCUS) in a Family Practice Setting

Philip Harvey, Edward Weiss,
Colin Yardley, John McCuaig, Greg Hall
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-4: Do Centre for Family Medicine After Hours Clinics decrease visits to Urgent Care and Emergency Departments?

Alison Delorme, Melissa Mills,
Sonia Sehgal, Lindsay Woods
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-5: Abnormal vital signs at emergency department discharge: Documentation, adequacy of discharge instructions, and predictors of adverse 30-day outcomes

Andrew Davis, MD, BSc, Alex Folkl,
MD, MSc, Keira J. Hodkinson, MD, BSc,
Rose Noble, MD
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-6: The epidemiology of emergency department visits by adult patients from the Center of Family Medicine in 2013: A Review

Haralambos Lavranos, MD
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-7: Physician Perspectives on Needs, Gaps, and Opportunities for Improving the Care of Individuals with Severe Mobility Impairments in Primary Care

Lee, Joe; Milligan, Jamie; Hillier, Loretta;
McMillan, Colleen; Bauman, Craig*
Centre for Family Medicine FHT

P-8: The Role of Online/Smartphone Applications in Type II Diabetes Management

Rashid, Alina R*; Ho, Certina

*University of Waterloo -
School of Pharmacy

P-9: The Role of an Online/Smartphone Service in Patient Adherence of Type 2 Diabetes Management: A Qualitative Study (Phase I)

Tsang, Corey*; Ho, Certina
University of Waterloo -
School of Pharmacy

P-10: Handbook for a Pilot Study to Reduce Potential Hospitalizations due to Preventable Drug-Drug Interactions

Kawano, Atsushi; Ho, Certina*
*University of Waterloo -
School of Pharmacy

P-11: Knowledge Translation & Exchange: An Evidence-Based Snapshot Summary of findings from a review of KTE literature and field-expert interviews

Paes, Danielle*
University of Waterloo -
School of Pharmacy

P-12: The Role of Obesity in Idiopathic Pulmonary Arterial Hypertension

Pandey, Arjun*
*Waterloo Collegiate Institute

P-13: PHQ-9 versus Clinical Judgment as a Superior, Objective Method of Monitoring Depression

A. Alangh, S. Gervais, & J. Penhearow
Centre for Family Medicine FHT;
Department of Family Medicine,
McMaster University

P-14: Discharging Patients Admitted for Acute Psychiatric Stabilization in Guelph: Caring for Their Needs in the Community

Snelgrove, Natasha*, BMSc, MD; Costa, Andrew, PhD; Eppel, Alan, MB, FRCPC
*Michael G. DeGroot School of Medicine – Waterloo Regional Campus
*McMaster University - Department of Psychiatry and Behavioural Neurosciences

P-15: McMaster Physician Wellness Week

Mountjoy, Margo*, Costa, Andrew
*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

P-16: Adoption of dose-escalated prostate radiotherapy at Grand River Regional Cancer Centre

Stephens, Robert F.*; Xu, Samuel S.*; Costa, Andrew; Gopaul, Darin
* Grand River Hospital – Grand River Regional Cancer Centre
* Michael G. DeGroot School of Medicine – Waterloo Regional Campus

P-17: Effects of intestinal microbiota on the postnatal development of dopaminergic myenteric neurons

Mungovan, Kal A.*; Borojevic, Rajka; Ratcliffe, Elyanne M.
*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

P-18: “Let’s just get a CT”...

The not-so-benign consequences of contrast dyes: A case report
Dr. Stephen Giilck*, Kunal Bhanot, and Dr. Khalid Azzam
*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

P-19: Intravitreal Ranibizumab (Lucentis) for Treatment of Marathon Runner’s Retinopathy: A Case Report

Soon, Alexander*; Chow, David
*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

P-20: Following celebrities' medical advice: a meta-narrative analysis
Tan, Charlie*; Hoffman, Steven J
*Michael G. DeGroot School of
Medicine – Waterloo Regional
CampusCampus

P-21: Care recipient health conditions and informal caregiver distress
Betini, Raquel*; Bowyer, Judy; Weylie, Sean; Parkinson, Carrie; Curtin-Telegdi, Nancy and Hirdes, John
University of Waterloo - School of Public Health and Health Systems

P-22: An evaluation of the quality of RAI-Home Care data in Ontario
Hogeveen, Sophie*, Jantzi, Micaela, Hirdes, John
University of Waterloo - School of Public Health and Health Systems

P-23: Feasibility of implementing the Lifestyle-integrated Functional Exercise (LiFE) intervention in primary care for adults over 75 years of age: proposed protocol for an implementation study
Gibbs, Jenna*; McArthur, Caitlin; Milligan, James; Clemson, Lindy; Lee, Linda; Boscart, Veronique; Heckman, George; Keller, Heather; Rojas-Fernandez, Carlos; Stolee, Paul; Giangregorio, Lora.
*University of Waterloo -
Department of Kinesiology

P-24: The Health of Elderly Korean, Chinese, and Other Home Care Clients, and Caregiver Distress in Ontario, Canada
Chang, Byung Wook; Hirdes, John P.
University of Waterloo - School of Public Health and Health Systems

P-25: The relationship between disruptive pain and social functioning in terminally-ill home care clients
Davidson Jake*, Guthrie Dawn M
Wilfrid Laurier University -
Kinesiology and Physical Education

P-26: Facilitators and Barriers of Implementing the Chronic Care Model in Primary Care: A systematic review
Kadu, Mudathira*; Stolee, Paul
University of Waterloo - School of Public Health and Health Systems

P-27: A Profile of Community-Dwelling Stroke Survivors Receiving Home Care Services in Ontario
Zoratti, Michael*; Fisher, Kathryn; Elston, Dawn; Griffith, Lauren
*McMaster University - Clinical Epidemiology and Biostatistics

P-28: The Utility of Point of Care Tests to Diagnose Heart Failure in Long Term Care
Chetram, Vishaka*, Hinton, Stephanie, Hemraj, Atiya, Heckman, George
University of Waterloo - School of Public Health and Health Systems

P-29: Responding to the Behavioural Needs of Seniors through 'Language' Creates a Positive Transformation of 'Culture'
Laura Holtom* Peg Muhbauer*
*Wellington Terrace Long Term Care Home

P-30: Improving Dementia Assessment: Effect of a Structured Approach and “Brain Map” Tool

Lee, Linda*; Hillier, Loretta M; Weston, W. Wayne

*Centre for Family Medicine FHT; Department of Family Medicine, McMaster University

P-31: Increasing Access to Specialized Geriatric Services by Decreasing Wait Times and Enhancing Wait List Management

Jane McKinnon Wilson* Dr. Carrie McAiney, Loretta Hillier, Maria Boyes, Audrey Devitt, Sheli O’Connor, Cathy Sturdy-Smith

Canadian Mental Health Association
Waterloo Wellington Dufferin/Waterloo
Wellington Geriatric Services Network

P-32: Measuring Frailty Among Older Adults in Primary Care: Preliminary Findings from a Pilot Screening Project

Khairullah, Ammar*; Maulkhan, Niraj; Costa, Andrew; Patel, Tejal; Lee, Linda

*Michael G. DeGroot School of Medicine – Waterloo Regional Campus

P-33: A conversational interview with older patients and families provides information that could complement standardized assessment data used for quality improvement

Lafortune, Claire*; Elliott, Jacobi;

Dr. Egan, Mary; Dr. Stolee, Paul
University of Waterloo - School of Public Health and Health Systems

P-34: Risk of Falls Associated with Anticonvulsant Medication Use in the Ambulatory Elderly Population: A Systematic Review

Maximos M*, Patel T

*University of Waterloo - School of Pharmacy

P-35: Effectiveness of Extracurricular Journal Clubs on Pharmacy Students’ Learning of Evidence-based Medicine and Critical Appraisal

Tsang, Joyce*; Ho, Certina; Wasfi, Olla; Power, Mary; Morphy, Brett; Patel, Saurabh; Poon, Calvin; Tong, Boris

*University of Waterloo - School of Pharmacy

P-36: Examination of Podcast Use in Higher Education and Development of a Framework for Podcast Creation to Supplement University of Waterloo Pharmacy Students Learning

Kani, Michael*; Ho, Certina

*University of Waterloo - School of Pharmacy

P-37: Impact of Experiential Learning on the Professional and Personal Development of Undergraduate Pharmacy Students

Ho, Certina*; Kawano, Atsushi; Morphy, Brett.

University of Waterloo - School of Pharmacy



<http://fhs.mcmaster.ca/mww-clinical-symposium/program.html>