

SYMPOSIUM

Waterloo-Wellington **Clinical Research and
Quality Improvement Symposium**

MAY 27, 2015



McMaster
University
HEALTH SCIENCES



Michael G. DeGroote
SCHOOL OF MEDICINE

WELCOME

Dear Faculty, Trainees, and Community Members,

Welcome and thank you for joining us at the 2nd Annual McMaster Waterloo-Wellington Clinical Research and Quality Improvement Symposium. This 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 health care in our region.

We produce outstanding 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 30 abstracts submitted and accepted to this symposium from across the region.

We are also very pleased to have Josie d'Avernas, Vice President of the Schlegel-University of Waterloo Research Institute for Aging (RIA), deliver the keynote address. Josie will introduce us to the forthcoming Schlegel Centre of Excellence for Innovation in Aging – an innovation centre which is designed to enhance care and living for older adults through co-location of research, training and practice.

We can all work together to improve health and well-being in our region and beyond.

OUR SPONSORS

The Centre for Family Medicine

Family Health Team



UNIVERSITY OF WATERLOO
FACULTY OF APPLIED HEALTH SCIENCES

CONTENTS

Thank you for making this event a success!
Sincerely,

Andrew Costa PhD

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

Melissa Koch Research Assistant
Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

Alex Ng MD Candidate
Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

Jenifer Truong MD Candidate
Michael G. DeGroot School of Medicine,
Waterloo Regional Campus

Dr. Mike Lee-Poy Associate Clinical
Professor, McMaster University, KW and
Area Family Medicine Residency Program

Glenda O'Brien CFFM Education
Manager; Site Program Assistant, KW and
Area Family Medicine Residency Program

Kaitlin Emery Education & Research
Assistant, the Centre for Family Medicine
Family Health Team

4 EVENT
PROGRAM
& MAP

6 KEYNOTE
SPEAKER:
JOSIE d'AVERNAS

7 ORAL
PRESENTATIONS

8 FAMILY MEDICINE
QUALITY IMPROVEMENT
SESSIONS

9 POSTER
PRESENTATIONS



Scan for full abstract listing



UNIVERSITY OF WATERLOO
FACULTY OF SCIENCE
School of Pharmacy

McMaster
University
HEALTH SCIENCES



Michael G. DeGroot
SCHOOL OF MEDICINE

PROGRAM

12:00-12:30 p.m.	CHECK-IN, POSTER SETUP and LUNCH Lecture Theatre (2018), second floor, poster setup on third floor
12:30-12:45 p.m.	Welcome, introduction and overview Lecture Theatre (2018), second floor
12:45-1:30 p.m.	PLENARY SESSION, KEYNOTE ADDRESS Lecture Theatre (2018), second floor
1:30-2:30 p.m.	CONCURRENT BREAKOUT SESSION – ORAL PRESENTATIONS Lecture Theatre (2018), second floor
1:30-2:30 p.m.	CONCURRENT BREAKOUT SESSION – FAMILY MEDICINE RESIDENTS PHR 1008, Pharmacy Building
2:30-3:30 P.M.	POSTER VIEWING and COFFEE BREAK Great Room, third floor
3:30-4:30 p.m.	CONCURRENT BREAKOUT SESSION – ORAL PRESENTATIONS Lecture Theatre (2018), second floor
3:30-4:30 p.m.	CONCURRENT BREAKOUT SESSION – FAMILY MEDICINE RESIDENTS PHR 1008, Pharmacy Building
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

AKNOWLEDGEMENTS

PLANNING COMMITTEE

Dr. Andrew Costa
Kaitlin Emery
Melissa Koch
Dr. Michael Lee-Poy

Alex Ng
Glenda O'Brien
Jenifer Truong

SPECIAL THANKS

Tami Everding
Penny Schmiedendorf

KEYNOTE PRESENTATION

Josie d'Avernas MSc – Vice President of the Schlegel-University of Waterloo Research Institute for Aging

Schlegel Centre of Excellence for Innovation in Aging



Josie d'Avernas

In September of 2015, the Schlegel Centre of Excellence for Innovation in Aging will open its doors. Josie will describe the many unique features of this innovation centre

which is designed to enhance care and living for older adults through co-location of research, training and practice. This centre, located on the University of Waterloo north-west campus, is specifically designed to encourage comingling of seniors, students, educators and researchers. It will be home to 192 long-term care residents as well as to University of Waterloo and Conestoga College programs for learning and applied

research related to seniors care and living. Future phases are planned to expand to retirement and independent living for seniors, as well as expansion of learning and research spaces.

Josie is Vice President of the Schlegel-University of Waterloo Research Institute for Aging (RIA). The RIA partners with the University of Waterloo, Conestoga College and 14 continuum of care Schlegel Villages to promote research generation, research transfer to practice, and improved gerontology content in college and university courses. She is also actively involved in the Schlegel Centre for Learning, Research and Innovation in Long-Term Care.

Josie has a Master's degree in Health Studies and Gerontology from the University of Waterloo.

ACKNOWLEDGEMENTS

STUDENT JUDGES

Rezi Edington
Kyle Greenway
Gabe Jeyasingham
Joanne Kearon
Olivia Kwan
Alison Mikelsons
Michaela Ondrejicka

FACULTY JUDGES

Lora Bruyn-Martin
Graham Campbell
Dr. Nicole Didyk
Dr. Dawn Guthrie
Dr. George Heckman
Dr. John Hirdes
Dr. Certina Ho
Dr. Chris Perlman

FAMILY MEDICINE JUDGES

Dr. Joe Lee
Dr. Jamie Milligan
Dr. Jeff Nagge

ORAL PRESENTATIONS



Scan for full abstract listing

SESSION ONE – 1:30-2:30 p.m.

0-1: A Comparison of the Greater Trochanter and Piriformis Fossa Entry Points for Antegrade Nailing of Femoral Shaft Fractures: A Systematic Review & Quantitative Synthesis

Sheth, Ujash; Gohal, Chetan*; Chahal, Jaskarndip; Dwyer, Tim
Michael G. DeGroot School of Medicine Waterloo Regional Campus

0-2: Formative Evaluation of the Canadian Mental Health Association-Waterloo, Wellington, Dufferin Geriatric Addictions Project

Rios, Sebastian*
University of Waterloo- School of Public Health and Health Systems

0-3: At the intersection of CHES and MAPLe: Changing the course for high-risk home care clients?

Sinn, C. J.*; Hogeveen, S.*; Chang, B. W., Turcotte, L., Betini, R. S. D., Hirdes, J. H.
University of Waterloo- School of Public Health and Health Systems

0-4: Quality assurance at Grand River Regional Cancer Centre: Investigating the risks and benefits of the adoption of dose-escalated radiotherapy for prostate cancer

Stephens, Robert*; Xu, Samuel; Costa, Andrew; Hill, Brianne; Gopaul, Darindra
Grand River Regional Cancer Centre

SESSION TWO – 3:30-4:30 p.m.

0-5: Towards Consensus on Quality Assurance Indicators for Primary Care Memory Clinics

Heckman G*, Boscart VM, Hillier LM, Lee L, Molnar F, Seitz D, Stolee P
Schlegel-UW Research Institute for Aging / University of Waterloo- School of Public Health and Health Systems

0-6: Overwhelming Diagnosis: Preliminary Findings of a Scoping Review of Technologies for Supporting Mental Healthcare Decision Making

Perlman, Christopher*; Martin, Lynn; Bieling, Peter; Lee, Joon; Lee, Minh; Stapleton, Jackie
Eliquis exerum et fugiati od ut aboribus magnis etur aut apienim

0-7: Implementation of a Modified Surgical Safety Checklist in the Waterloo-Wellington Local Health Integrated Network (LHIN)

Chahal, Vick*
Grand River Hospital/St. Mary's General Hospital: Division of Plastic & Reconstructive Surgery

FAMILY MEDICINE QUALITY IMPROVEMENT SESSIONS



Scan for full abstract listing

SESSION ONE – 1:30-2:30 p.m.

0-1: Screening for Postpartum Depression in Primary Care

Drs. Lindsey Sutherland and Claire Harlick

0-2: Are Prescribing Patterns of Simple UTIs at CFFM Evidence-based?

Drs. Urooj Chaundry, Stephanie Spadotto, Alex Mee and Meredith Pope

0-3: Rates of Osteoporosis (BMD) Screening in Men over 65 years old

Drs. Carla Loureiro and Jamie McMurrich

0-4: Education of OTC medications in Medical School and Family Medicine Residency Training

Drs. Lucas Spicer and Ellyas Omar

SESSION TWO – 3:30-4:30 p.m.

0-1: What is the Current Level of Knowledge and Comfort with Point-of-Care Ultrasound (POCUS) in Family Practice?

Drs. John McCuaig, Jeff Jonusaitis and Mark Schwindt

0-2: Does Subjective Pain Reporting Match Functional Improvement at the CFFM Pain Clinic?

Drs. Jason Zhu, Colin Yardley and Helen Davis Herdman

0-3: Are Residents in the KW & Rural Family Medicine Program Adequately Prepared for Skin Biopsies in Primary Care?

Drs. Mercedes Rodriguez, Sarah Leonard and Carla Geurtjens

POSTER PRESENTATIONS



Scan for full abstract listing

SESSION TWO – 3:30-4:30 p.m.

P-1: Participatory action research and the role of consumer networks to improve primary care for persons with spinal cord injury

Lee J., Milligan J., Wolfe D., McMillan C., Hillier L., & Bauman C
The Centre for Family Medicine Family Health Team

P-2: Quality Assurance in the Diagnosis of Dementia: Essential Physical Examination Components

Heckman G*, Boscart VM, Hillier LM, Lee L, Molnar F, Seitz D, Stolee P
Schlegel-UW Research Institute for Aging / University of Waterloo

P-3: Transitional Care for Stroke Survivors”

Afzal, Arsalan*; Fage, Maria. Khan, Dana. Weir, Julie. Breaton, Jennifer
Waterloo Wellington Community Care Access Centre

P-4: Mobile Qi Gong Wellness App- Improving Physical and Cognitive Resiliency in Older Adults

Mr. Tony Tin, Colleen McMillan
University of Waterloo – School of Social Work

P-5: System Integration of Specialized Geriatric Services

Jane McKinnon Wilson*, Audrey Devitt, Maria Boyes, Cathy Sturdy-Smith, Sheli O’Connor, Julie Wheeler, Sharon Stap, Marilyn White-Campbell Susie Gregg
Canadian Mental Health Association Waterloo Wellington Dufferin

P-6: Waterloo Wellington Frail Elderly Report Identifies Learning Needs Across the Continuum and Creates ‘Unique’ Knowledge Transfer Opportunities

Audrey Devitt* Jane McKinnon Wilson* Cathy Sturdy Smith* Sharon Stap* Marilyn White-Campbell, Waterloo Wellington Geriatric Services Network, Frail Eldlery Medically Complex Stream Rehabilitation Committee
St. Joseph’s Health Centre Guelph and Canadian Mental Health Association Waterloo Wellington Dufferin

P-7: Barriers to Antenatal Care in the Kenyan District of Bondo – A Qualitative Interview Study

Xu, Samuel; Meyer, Christopher; McKim, Blaire; Rastin, Julianne; Scott, Sylvia
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-8: Evolution of campus preference in medical students at the Michael G. DeGroot School of Medicine
Tong, Lili*; Khairullah, Ammar; Edge, Wendy; Trinh, Kien; Morris, Cathy; Costa, Andrew
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-9: Integration of HDR brachytherapy and hypo-fractionated external beam radiation therapy for prostate cancer patients
Sharma, Sakshi*; Gopaul, Darin, Stephens, Robert, Kitor, Monika, Osei, Ernest, Morton, Gerard
St. Joseph's Health Centre Guelph and Canadian Mental Health Association Waterloo Wellington Dufferin

P-10: Examining Referral Patterns to Specialized Geriatric Services in a Community Hospital
Osborne, Alyson N.*; Magennis, Paul*, Costa, Andrew, & Didyk, Nicole
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-11: Alternate Level of Care: Clinical Predictors and Barriers to Discharge
Turcotte, Luke*; Hirdes, John
School of Public Health and Health Systems Waterloo University

P-12: Synoptic Radiology Reports Improve the Quality and Clarity of Rectal Cancer Imaging Reports
Hussein, Mohamed*, Gopaul, Darin MD
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-13: The Clerkship Guide to Emergency Medicine
Marcus Lai*, Joshua Penslar*
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-14: The Impact of burst exercise on cardiometabolic status of newly diagnosed type 2 diabetics
Pandey, Avinash*
Waterloo Collegiate Institute

P-15: AREST CAD: Adherence effects of a comprehensive reminder system on medication adherence in Cardiac patients
Pandey, Avinash*; Choudhry, Niteesh
Waterloo Collegiate Institute

P-16: An Investigation of non-invasive juglar venous pressure point-of-care device to diagnose and assess heart failure in a long term and primary care: a qualitative approach
Chetram, Vishaka*. Boscart, Veronique. Heckman, George
School of Public Health and Health Systems Waterloo University

P-17: Squamous Cell Carcinoma of the Anal Canal: 10 Year Experience at Grand River Regional Cancer Centre
Urban, Ryan*; Ling, Justin; Ng, Alex; Hill, Brianne; Gopaul, Darin
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-18: Understanding the Role of Allied Health Professionals in Medical Education at a Satellite Medical School
Ladha, Zamin; Merrifield, Kaylyn; Roeper, Rhiana; Kays Sommer, Jennifer*; Bite, Alexandra*
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-19: Knowledge confidence and desire for further diabetes management education among nurses and personal support workers in long-term care

Corita Vincent*, Peter Hall, Ph.D, Lynn Hayes-Cardinal, Scott Hannay, Sally Ebsary, Nadira Husein, MD
School of Public Health and Health Systems Waterloo University

P-20: Nintendo Wii and Schizophrenia- a pilot study

Ewa Talikowska-Szymczak*, Raegan Mazurka, Martin Feakins
Michael G. DeGroot School of Medicine Waterloo Regional Campus

P-21: The Role of Weight Loss and Obesity in Nocturnal Blood Pressure Non-Dipping

Pandey, Arjun*
Waterloo Collegiate Institute



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