



Preliminary Programme at a Glance (Sept 17 2018)  
Please note room and timing subject to change

**DAY 1**

4:00pm - 6:30pm

Registration & Inquiries Open

Foyer

6:00-7:45

Conference Opening and keynote with Shawn Stevenson

C1

7:45pm

Exhibit Hall Grand Opening (exhibit hall open until 10pm)

C2

## DAY 2

7:00am - 6:00pm

Registration & Inquiries Open

Foyer

8:00am – 10:00am

Three Minute Health Innovation Competition & Breakfast

C1

10:00am - 10:30am

Break & Poster Viewing

Experiential Room and Exhibit Hall Open

C2

10:30am - 12:00pm

**Breakout Session #1: Children and Physical Activity**

**Room 102**

How physically active are Nova Scotia preschoolers during childcare hours?

Physical activity during the early years is critical for healthy childhood development. The majority of Nova Scotia preschoolers attend licenced childcares, yet there is limited information on how physically active they are while there. This study will describe the accelerometry-measured physical activity of preschoolers from 16 Nova Scotia childcare settings.

Authors: Leah Balcom, Natalie E. Houser, Angela M. Kolen, Daniel Rainham, Laurene Rehman, Joan Turner, Jane Cawley, Sara Kirk, Michelle R. Stone

Physical literacy in the Early Years: A loose parts intervention

The Physical Literacy in the Early Years project is examining whether preschoolers who participate in active outdoor play, facilitated by educators trained in embedding loose parts into outdoor spaces, enhances their physical literacy. The study's protocol will be shared, along with the potential impact on policy/practice changes in early years.

Authors: Natalie E. Houser, Michelle Stone, Angela M Kolen, Daniel Rainham, Joan Turner, Sara Kirk, Laurene Rehman, Jane Cawley

Accelerometry-measured physical activity and sedentary behaviour of Nova Scotia preschoolers

National accelerometry-measured physical activity data on preschoolers exist, yet the physical activity of Nova Scotia preschoolers is largely unknown. This study describes the accelerometry-measured activity of Nova Scotia preschoolers and adherence with activity guidelines. Results revealed children spent the majority of their day active, and all children met the guidelines.

Authors: Michelle Stone, Natalie E. Houser, Angela M. Kolen, Daniel Rainham, Laurene Rehman, Joan Turner, Jane Cawley, Sara Kirk

## **Breakout Session #2:**

### **Collaborative Programming: Chronic Conditions**

**Room 106**

**Collaborating to promote healthy living: Community recreation and chronic conditions**  
Although the Expanded Chronic Care Model provides a framework for understanding how to support people with chronic conditions to live well in their communities, greater integration of community recreation as a support for chronic condition management is needed. Ways to conceptualize and prepare for community recreation collaborations are discussed.

Authors: Heidi Lauckner, Susan Hutchinson

#### **Supporting chronic condition self-management: A clinician perspective**

This qualitative study examined clinicians on Chronic Disease Teams in Nova Scotia's perspectives of self-management. Findings indicate that they often view self-management as an individual journey. They believe that effectively working with self-management involves considering what is important to patients, their coping strategies, and difficulties they may be encountering.

Authors: Kaitlin Sibbald, Åsa Auduly, Kylie Peacock, America Fracini, Tara Sampalli, Grace Warner, George Kephart, Tanya Packer

#### **The efficacy of a self-management mobile app for spinal cord: Protocol of randomized controlled trial**

Spinal cord injury (SCI) requires complex self-management skills to avoid secondary health complications and to maintain overall health. The aim of this study is to determine the efficacy of a self-management mobile app for people with SCI. Changes in goal attainment scaling will be evaluated among immediate and delayed intervention groups in a randomized controlled trial.

Authors: Megan K MacGillivray, W Ben Mortenson, Gurkaran Singh, Kathleen Martin Ginis, Jared Adams, Bonita J Sawatzky, Patricia Mills

## **Breakout Session #3: Collaborative Health**

**Room 107**

#### **Access to surgical procedures for indigenous and non-indigenous populations**

There has been limited data to examine access to health care by Indigenous groups. This research takes advantage of an initiative by Statistics Canada whereby the long form census is linked to hospital data. Access to surgery is compared by Indigenous and non-Indigenous groups nationally, provincially and by surgical type.

Authors: Lynn Lethbridge, Michael Dunbar, Christine Herman, Philippe Tremblay, Albert Marshall

Pharmacists' experiences in Headstrong - Taking Things Head-On, a men's mental health program delivered through community pharmacies

We will discuss the findings from interviews with pharmacists participating in a men's mental health promotion program, Headstrong - Taking Things Head-On. Funded by Movember, this program encouraged men using disruptive advertising in pharmacies to speak with pharmacists to learn about mental health resources online and in their community.

Authors: Andrea Murphy, Taylor Currie, Ruth Martin-Misener, Stan Kutcher, David Gardner

Examining psychometric properties of the Kutcher Adolescent Depression Scale (KADS-11): Using multidimensional item response theory

Kutcher Adolescent Depression Scale-11 Items (KADS-11) is a diagnostic instrument measuring depression and suicidal thoughts in adolescents and young adults. Some characteristics of KADS-11 such as ease of administration, treatment sensitivity, and the ability to distinguish comorbid symptoms motivated the researchers to examine the psychometric properties of the scale by utilizing the multidimensional form of Graded Response Model in order to find the relationship between item responses and the latent trait. Results indicated that most of the items provided the maximum amount of information about examinees' depression, and also two extracted factors (Core Depressive factor and Suicidal and Physical factor) could explain 55.20% of total variance of KADS-11.

Authors: Mahnaz Shojaee, Okan Bulut, Mehrdad Shahidi

## **Breakout Session #4**

**Room 103**

Initiation of the Total Health Index (THI) at Dalhousie University (90-minute workshop)

In 2017, Dalhousie University partnered with Morneau Shepell to implement the THI assessment. The purpose was to identify risk factors in employee health. Bullying and harassment were noted as opportunities, while diversity and inclusiveness were noted as strengths. In addition, coping skills and culture were identified as key drivers of employee health.

Authors: Bill Howatt, Jesse Adams

## **Breakout Session #5**

**Room 104**

Realizing the potential of self-management for chronic illnesses (90-minute workshop)

Health behaviour change is pivotal to manage chronic disease. Yet existing services are geared toward acute care and dominated by expert clinicians with no time to fully collaborate. The Behaviour Change institute has created a training program to address this care gap. This model will be presented in this session.

Authors: Michael Vallis, Tara Sampalli, Dayna Lee-Baggley, Jennifer Haley, Dominique Shephard

## **Breakout Session #6: Community**

**ROOM 108**

### Discussion groups for patient and public engagement

Patient and public engagement (PPE) is essential for collaborative health research in Canada. PPE must be carefully planned to ensure the expertise of patients, the public, and communities is applied to inform project decision-making. This session will instruct participants in planning and conducting discussion group activities for PPE.

Authors: Brian Condran, Nicole Doria, Leah Boulos

### Together in Movement and Exercise (TIME™) enables community-based exercise participation

TIME™ is a unique collaboration between healthcare and recreation organizations to increase access to community-based exercise for people with physical challenges. Using task-related, group exercise, the program maximizes health and function. TIME™ offers an exit point from hospital, an opportunity for ongoing recovery, and an entry point into the community.

Authors: Jennifer Neirinckx, Jo-Anne Howe, Alda Tee, Karen Brunton, Nancy Salbach

### OHC: A community invests in health and wellness

OHC is a collaborative health centre in rural Nova Scotia. Acknowledging a need for improved health and wellness, the community took it upon itself to raise the funds, identify pertinent services, programs, and professionals to fulfill our vision. Our doors opened in 2016; we feel our story is unique.

Author: Janice Moreside

## **Breakout Session #7: Creating Health Systems that Work**

**Room 109**

### Health policy capacity framework adaptation using the Delphi method

Ensuring the success of health policies requires substantial policy capacity. An existing conceptual framework for policy capacity was adapted based on input from health policy experts using the Delphi method. The resulting framework is a tool to facilitate the assessment of health policy capacity.

Authors: Logan Lawrence, Adrian Mackenzie, Patrick McGrath, Janet Curran

### Translating collaboration into practice: Using simulation to enhance team functioning

Collaborative practice within health care teams has been shown to be positive for the patient, provider and system. Interprofessional collaborative practice can be challenging, with barriers at every turn. Simulation can help identify and help participants enact and see the change that is possible.

Authors: Tanya Dutton, Karen Bassett, John Kyle

### Building a patient medical home using a data-driven, physician-led approach

At the Calgary West Central Primary Care Network (CWC PCN), we use a data-driven and physician led approach to assist primary care practices in building Patient Medical Homes (PMHs). Presenters will discuss the uniquely collaborative approach that the PCN has taken to facilitate this process.

Authors: Samantha Sexsmith Chadwick, Krista Cook

## **Breakout Session #8: Disability, Aging and Health Care**

**Room C4**

### **Fountain of health initiative for optimal aging**

An oral presentation will be given on how The Fountain of Health (FoH) Initiative for Optimal Aging has become a leading movement in positive psychiatry in Canada. The presentation will review how FoH has approached the theoretical issues in health practices and the importance of preventative efforts.

Author: Courtney Sheedy

### **Doctors and us: A community-based project by the Inclusive Research Network**

People with intellectual disabilities face many barriers to healthcare access including: physical, societal, and language issues. The Inclusive Research Network, a team that include self-advocates, service providers, academic researchers, completed a series of focus groups to find ways to help people feel more at ease when talking to doctors.

Authors: Nancy Salmon, Brian Donohoe, Laura Murray, Greg Singleton, Marie Dillon

## **Breakout Session #9**

**Room C1**

### **The cult of conditioning and the harm it does (90-minute workshop)**

As currently conceived and practiced, models of fitness prevalent in the culture are both overgeneralized and excessive, constituting a “cult of conditioning” that often leads to unnecessary harm. An effective antidote is to individualize activity prescription according to a person specific roles and general needs.

Authors: Jason Holt, Laurence Holt, Tom Pelham

**12:00pm - 1:30pm**

**Lunch Break**

**C2**

**Experiential Room & Exhibitor Hall Open**

**C2**

**Poster Defense and Judging**

**C2**

o Poster 1 12:00-12:10

o Poster 2 12:15-12:25

o Poster 3 12:30-12:40

o Poster 4 12:45-12:55

o Poster 5 12:00-12:10

- o Poster 6 12:15-12:25
- o Poster 7 12:30-12:40
- o Poster 8 12:45-12:55

Unlocking the potential of interprofessional students to advance health care: Learning from two student led environments (Poster 1)

A three-way partnership between Holland Bloorview Kids Rehabilitation Hospital, University Health Network and the Centre for Interprofessional Education in Toronto has supported the development of interprofessional student led environments in two very different healthcare care settings. These initiatives confirm the value of these placements for students, patients, preceptors and administrators.

Author: Elizabeth Hanna

HPI core competencies framework for population health educators, leaders, trainees (Poster 2)

Dalhousie University's Healthy Population Institute embarked on a research project to understand the core competencies needed for emerging leaders in population health. Through an environmental scan, consultations, and iterative feedback process, the HPI Core Competencies Framework was created to guide learning opportunities for graduate students in population health.

Authors: Kirk Furlotte, Laura Miller, Sara Brushett, Madison MacQuarrie, Holly Mathias, Madeleine McKay, Lauren Moritz, Christie Silversides, Lori Weeks

Atlantic Partnership for Tomorrow's Health: Opportunities for collaborative health research (Poster 3)

Atlantic PATH is a prospective cohort study with data on 35,000+ participants. A research platform has been established to provide researchers with access to questionnaire data, biological samples and physical measures. This data will facilitate research on the genetic, environmental and lifestyle factors related to cancer and chronic disease.

Authors: Ellen Sweeney, Yunsong Cui, Vanessa DeClercq, Cynthia Forbes, Scott Grandy, Jason Hicks, Melanie Keats, Louise Parker, Zhijie Michael Yu, Trevor Dummer

Above and beyond: The work of staff in long-term care (Poster 4)

Focus groups and interviews were conducted with staff to identify their experiences in long-term care. Themes resonating with the literature included teams, scope of practice, staff shortages and residents' home as well as a newly emerging theme of staff going "above and beyond" their clinical duties to care for residents.

Authors: Melissa Power, Emily Gard Marshall, Nancy Edgecombe, Melissa Andrew

Tackling the Taboo: Addressing Sexual Health in Acute Care (Poster 5)

The application of a feminist post-structural lens to sexual health in the acute care setting may be used to understand, question and challenge how social and institutional beliefs, values, and practices surrounding sexual health are experienced by health professionals and patients, leading to transformations in health care practice and policy.

Authors: Rachel Ann Ollivier, Megan Aston, Sheri Price

#### Supporting oral health and caregiving: research, policy and everyday practice (Poster 6)

This initiative follows research findings and outputs of Nova Scotia's Brushing Up on Mouth Care Project. In partnership with Caregivers Nova Scotia and supporting needs arising from recently implemented Nova Scotia Department of Health and Wellness Policy Long Term Care Program Requirements: Nursing Home & Residential Care Facilities that, for the first time, includes explicit standards for daily mouthcare practice in the continuing care sector.

Authors: Teanne MacCallum, Angus Campbell, Maureen Summers, Mary McNally

#### Telerehabilitation combined with video-games: Rehabilitation Optimization Following a Stroke (Poster 7)

Telerehabilitation combined with video games provides a new approach that may facilitate rehabilitation services access, in patients with stroke. We used a multiple case study, in order to identify barriers and facilitators to using this technology by stakeholders and to develop knowledge translation activities based on the findings.

Authors: Dorra Allegue, Dahlia Kairy

#### Adult-focused self-help CBTi: What we know and what gaps remain (Poster 8)

A scoping review was completed to clarify and describe what self-help CBTi resources are publicly available to adults with insomnia and to map what is known and not known about self-help CBTi. This study was carried out by an interdisciplinary team, bringing together relevant expertise from the Departments of Psychology and Neuroscience and Pharmacy.

Authors: Rebecca Tucker, Alissa Pencer, David Gardner, Andrea Murphy

**1:30pm - 3:00pm**

### **Breakout Session #1: Family & Youth –Part 1**

**Room 102**

#### Strengthening Families Program: Canadian data from our first two years

The Strengthening Families Program is a commercially available family intervention program available out of the United States. To our knowledge there has been no peer-reviewed studies evaluating the value of this program for use in a Canadian context. The present study provides data from the first two years of a Canadian intervention study using the SFP within a northern, urban-rural British Columbia community.

Authors: Shannon Wagner, Alex Fraess-Phillips

#### Applying complex systems to school food environments in Nova Scotia

Comprehensive initiatives, including policy, are necessary to produce population-level changes in health, including childhood nutrition, with schools being recognized as an essential intervention setting.



Applying a complex systems lens provides an opportunity to consider interactions and roles within the system and identify potential intervention targets to support SFNP implementation.

Authors: Jessie-Lee McIsaac, Rebecca Spencer, Melissa Stewart, Sara Brushett, Bridget Irwin, Sara Kirk

### Measuring adverse childhood experiences and resilience in primary health care

This presentation will summarize results from a research project piloted among three hundred adult patients of the Lunenburg Family Health Clinic who completed a survey that measured adverse childhood experiences, current health challenges and factors promoting resilience. Future implications for multi-disciplinary and collaborative care settings will be discussed.

Author: Nancy Marie Ross, Sara Torres, Robert Gilbert

## **Breakout Session #2: Collaborative programming - Children Room 107**

Physical activity as a predictor of sleep quality and quantity among preschool-aged children  
Poor sleep is common among children. It is important to determine ways to promote healthy sleep in children. The study will examine the relationship between physical activity (PA) and sleep among children. Children will wear accelerometers to measure PA and sleep. A survey will also be used to measure sleep.

Authors: Laura Miller, Sara Kirk, Penny Corkum, Michelle Stone

Evaluating a sustainable community-based aquatics program for children with autism  
Individuals with autism face many barriers for physical activity and are at increased risk of drowning. This study evaluates the effectiveness of an ongoing aquatics program designed for children with autism from Pictou County, Nova Scotia. This presentation reports on the collaborative design, implementation and evaluation of this community-based program.

Author: Amanda Casey

Early childhood education: Need for collaborative outdoor play learning strategies  
Documented gaps in outdoor play and learning training in early childhood education highlight potential opportunities for the development of collaborative strategies among early years and health sectors. This study describes the early childhood education outdoor play and learning data from 16 Nova Scotia Child Care settings.

Authors: Joan Turner, Jane Cawley, Brenna Richard, Sara Kirk, Michelle Stone

## **Breakout Session #3: Exercise, Adults and Health Room 104**

Using the Theoretical Domains Framework to identify barriers and facilitators to exercise among older adults living with HIV

Qualitative study using the Theoretical Domains Framework to investigate the barriers and facilitators to participation in exercise of 12 older people with HIV, using in-depth semi-structured interviews. People aging with HIV experience many barriers to exercise, including environmental and resource constraints, co-morbidities, injuries, and the side effects of HIV disease and medication.

Authors: Adria Quigley, Larry Baxter, Laura Keeler, Marilyn MacKay-Lyons

#### Fit for what? A philosophy of fitness profiling

Engaging in many generic exercise programs popular today can be helpful if applied judiciously to appropriate individuals. However, injury rates within the fitness industry are higher than they need to be. This presentation highlights some of the problems of this approach to fitness.

Authors: Jason Holt, Laurence Holt, Tom Pelham

#### ATP Metabolism in RBC as Biomarker for Post Exercise Hypotension

The importance of ATP in energy metabolism has long been recognized. Exercise has been shown to increase ATP metabolism in the RBC which may be an important mechanism for post exercise hypotension. We summarize current evidence in support of ATP metabolism in the RBC as a biomarker for cardiovascular protection.

Authors: Pollen K. Yeung, Sheyda Mohammadizadeha, Fatemeh Akhoundi

### **Breakout Session #4**

**Room 109**

#### Let's put our lessons to use: Refining a framework for building on successful patient and public engagement in health research (90-minute workshop)

This workshop will involve participants in refining a draft framework for scaling-up successful elements of partnerships between researchers, patients, the public, and other stakeholders in health research. In this context, scaling-up involves identifying what works to make partnerships successful and ways to build on these successes in other projects.

Authors: Brian Condran, Grace Warner, Larry Baxter, Tara Sampalli, Ruth Martin-Misener

### **Breakout Session #5**

**Room 103**

#### Addressing Workplace Stigma for Injured Workers Managing Chronic Pain (90-minute workshop)

The workshop titled, "Addressing Workplace Stigma for Injured Workers Managing Chronic Pain," seeks to expand the knowledge base and inspire members of the helping professions, injured workers, and employers to promote collaborative work in chronic pain management within RTW/SAW planning, thereby creating healthy, productive, and tolerant, working environments.

Authors: Lynn K. Cooper, Mikelle Bryson-Campbell, Lynn Shaw, Bill Chedore

### **Breakout Session #6: Community – Part II**

**Room 106**

#### Bisexual Women's Strategies to Reduce Cannabis Use Risks

Bisexual women are more likely to use cannabis than heterosexual or lesbian women. Our community based study collected qualitative data from 16 bisexual women who use illegal cannabis twice weekly.

Findings identify risks women associate with using cannabis, how women negotiate these risks, and the possible impacts of cannabis legalization

Author: Margaret Robinson

#### Addressing Colonial Trauma Through Mi'kmaw Film Representation

Mi'kmaw directors represent land, language, violence, and gender/sexuality in ways that address intergenerational colonial trauma and support cultural survival. We conducted interviews with three Mi'kmaw directors (Jeff Barnaby, Bretten Hannam, and Cathy Martin), and critically analyzed their films, *Rhymes For Young Ghouls*, *North Mountain*, and *The Spirit of Annie Mae*.

Author: Margaret Robinson

#### The cards you are dealt: Stories of labeled men

Participatory Action Research is a viable method to facilitate Occupational Therapy (OT) groups, promote self-growth in group members and address research gaps pertaining to the role of OT in the community. A Photovoice project with men transitioning into the community post-incarceration will be the focus of this presentation.

Author: Stephanie Zubriski

### **Breakout Session #7: Indigenous Knowledge and Health**

**Room C4**

#### The strength we find in culture: Youth-led explorations of resilience fostered by cultural engagement with an application in Indigenous youth programming

Indigenous youth from Kitsoo/Xai'Xais First Nation acted as co-researchers for this community-based study. Youth co-researchers and the research team worked collaboratively to explore local understandings of resilience and the ways in which three generations in Kitsoo/Xai'Xais Nation derive strength from local culture.

Author: Lisa Shannon Hackett

#### Using Inuit Qaujimaqatunqangit in cervical cancer prevention and treatment among Inuit communities: A scoping review

This project will undertake a systematic, scoping review using Joanna Briggs Institute Methodology of current northern and traditional Indigenous literature within Canada and internationally, with a specific focus on cervical cancer, wellness, IQ, traditional knowledge and culturally safe/competent practices.

Authors: Ziwa Yu, Audrey Steenbeek

#### Accounting for Indigenous context in population-based oral health intervention studies

First Nations in Unama'ki (Cape Breton) seek improved oral health outcomes. A realist review of literature was used to identify potential interventions. The review found that current literature describes interventions which report community involvement in consultation and program delivery, but do not necessarily integrate foundational Indigenous philosophies into intervention approaches.

Authors: Madeleine McKay, Caitlyn Ayn Campbell, Debora Matthews, Debbie Martin, Mary McNally

## Breakout Session #8

Room 108

Raising Awareness of Canada's Low-Risk Alcohol Drinking Guidelines (60-minute workshop)  
A population based, public education campaign was launched in Prince Edward Island between June 2016 and April 2017 to increase awareness of Canada's LRDG. The campaign was effective at increasing awareness of the LRDG, though uptake was lowest among those at highest-risk for heavy drinking.

Authors: Kelcy McNally, Laura Lee Noonan, Marguerite Cameron, Karen Phillips, David Sabapathy

3:00pm - 4:25pm

Nutrition Break & Poster Viewing

Experiential Room & Exhibit Hall Open

C2

4:30-6:00pm

Concurrent Workshops and Program Launch (Sponsored)

1. We're Safe Here, Right?

Psychological Health and Safety in the Workplace

ROOM 109

The voluntary National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) is the first of its kind in the world, creating a positive duty for individuals and organizations. Participants will gain fluency through interaction and engagement with the 13 Factors outlined in the Standard. The goal is to enable participants to confidently dialogue about psychological health and safety in their workplace – which may drive positive changes, even in the absence of the formal implementation process. Extensive training and/or experience in workplace health is not a prerequisite to attend.

Authors: Karen Joudrey, Janice MacInnis, Marc Des Roches

Sponsored by University of Fredericton

2. Global Challenges, Local Occupational Solutions

(Kelly Bang lecture)

ROOM C1

Sponsored by the School of Occupational Therapy Dalhousie University

Crossing borders may not be relevant to the daily practice of many occupational therapists; however, thinking across disciplinary and national borders is more and more a must in a globalising and complex world. Expanded understandings of health that incorporate the impact of inequality on social determinants of health; societal and cultural changes including demographics and the ageing population; the increasing mobility of populations including that of refugees, are asking for strategies and competences of the occupational therapist that

contribute to social transformation and an inclusive society. This Kelly Bang lecture aims to promote awareness and dialogue regarding the potential for Social Reform through Occupation Based Community Development.

Author: Hanneke van Bruggen

**Sponsored by the School of Occupational Therapy Dalhousie University**

*This lecture will be followed by a reception at 6:00 with the school of Occupational Therapy Awards Presentation at 6:45*

### 3. Pathways to Inter-professional Placements

#### Experiences for Students (PIPES)

**ROOM 103**

Interprofessional placements (IPP) offer an innovative approach to prepare students for collaborative practice while simultaneously addressing the challenge of securing sufficient practice education sites. Key discussion points will include forging partnerships when preparing for IPP, dialogue with professional regulation/accreditation bodies, evaluating students within this placement model, and IPP guidelines for creating sustainable IPP. Viable funding mechanisms for sharing IPP innovations and knowledge will be highlighted. The session concludes with participant-led action plans for advancing IPP within their organisations.

Authors: Nancy Salmon, Noreen O’Leary, et. al

**Sponsored by the Faculty of Health**

### 4. Creating a Recipe for Health and Learning (R4HL) through a school-community-university partnership

**ROOMC4**

Imagine healthy, vibrant school communities where the places and spaces, climate, policies, practices and opportunities enable everyone to learn, grow, thrive and succeed at school and beyond. Nova Scotia children deserve to have the best start in life and the conditions to achieve their health and learning potential. Learning and academic achievement positively contribute to health and wellbeing today and into the future – health and learning are interdependent and mutually reinforcing. In addition to creating conditions that facilitate active living and healthy eating, creating conditions that foster social and emotional wellbeing is also critical to the health, and prosperity, of children, and is the responsibility of all stakeholders. This represents a “whole-population approach” to health promotion because everyone needs to be involved in creating the conditions to support health and learning.

The Recipe for Health and Learning partnership (R4HL) is a collaborative approach to systems change to support the health and learning of Nova Scotia children and youth. We all know that we need to do much more than educate children on how to make healthier choices. We also need to ensure that we create the social, economic and structural conditions that foster wellbeing and support healthier choices as the easiest and “normal” choice in every setting where children spend their time and for every child. As the heart and soul of many communities

and a place where children spend a large amount of their formative years, schools have a unique role to play in engaging students in the pursuit of health and wellbeing, but they cannot solve these complex issues alone. They need support from community agencies, local businesses, parents, and community members to help create a healthy physical, social, economic and inclusive environment for students to learn and prosper. In this 90-minute session, project co-leads, Dr. Sara Kirk and Dr. Camille Hancock Friesen, will present the background to the project, describe the research that underpins it, showcase examples of innovation that will bring the partnership to life and introduce a range of partners committed to creating a recipe for health and learning for all our children in Nova Scotia.

Authors: Sara Kirk and Camille Friesen Hancock

Sponsored by the Dalhousie Medical Research Foundation

## 5. Improving Mental Health in Military and First Responders: Lessons Learned after a Decade of War Room 102

A decade of war in Afghanistan increased the Canadian Armed Forces (CAF) requirement to address the psychological burden of mental illness in the men and women that serve. Attention of military leadership, media and the public were drawn to issues such as suicide and PTSD. Concurrently the Mental Health needs of other populations such as first responders came to the forefront. This presentation will describe the CAFs efforts over the past two decades, many of which can also be adapted to the first responder community. Specific topic will include the need for cultural change, stigma reduction, education and training, timely access to evidence based care as well as a redefining the concept of “mental illness”.

The CAF has created an internationally recognized training that combines the best of sports or performance psychology and mental health education. This Road to Mental Readiness Program (R2MR) aims to reduce stigma, provide coping skills, enhance resilience and increase help seeking. R2MR is introduced in basic training and is expanded on throughout one’s career. Specific skills for leaders are embedded within R2MR, providing leaders with the practical tools required to support those in need. The CAF has also recognized the need for enhancing the treatments that are available for those that are struggling with mental health issues. An overview of the CAF research strategy and specific promising projects will be presented. Finally, the author will discuss that ultimately the issue being discussed is “mental health in the workplace”, many of the principles will generalize to most workplaces and are not limited to the high stress and traumatic worlds of military and first responders.

Presenter: Dr. Rakesh Jetly

Sponsored by the Workers’ Compensation Board of Nova Scotia

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## DAY 3

7:00am - 6:00pm

Registration & Inquiries Open

Foyer

8:00am - 10:00am

Nova Scotia Integrated Health Research Innovation Strategy

C1

Breakfast Panel

Sponsored by Dalhousie Medical Research Foundation

10:00am – 10:30am

Break & Poster Viewing

Experiential Room and Exhibit Hall Open

C2

10:30am-12:00pm

**Breakout Session #1: Family & Youth – Part II**

**Room 102**

**Strengthening Families Program: Qualitative data from our first two years**

The Strengthening Families Program (SFP) is a family intervention program developed by Karol Kumpfer that is currently available from the United States. Our community started providing SFP intervention in Fall 2014 and, since beginning the program, have collected qualitative information regarding perceptions about the program. This presentation will review our qualitative findings from our first two years.

Authors: Shannon Wagner, Alex Fraess-Phillips

**Supporting university students' mental health thorough recreation: An integrative review**

This talk presents the results of an Integrative Review. The review identified and synthesized Canadian and American studies that examined the effectiveness of recreation programs (arts, culture, sport, physical activity, active living, social events or spiritual pursuits) intended to mitigate the development of mental health problems among post-secondary students.

Author: Robert Gilbert

**Parent-targeted postnatal educational interventions in developing countries: A scoping review**

This scoping review found that increasingly parents are being provided with postnatal educational interventions in developing countries. Findings were varied in educational topics covered, method of education, and location of intervention. Most maternal outcomes and over half of neonatal outcomes had a significantly positive change after the postnatal intervention.

Authors: Justine Dol, Marsha Campbell-Yeo, Gail Tomblin Murphy, Megan Aston, Douglas McMillan, Jacqueline Gahagan, Brianna Richardson

## **Breakout Session #2: Interprofessional Training**

**Room 107**

Impacts of a community collaboration on non-profit organizations, students and people with a chronic disease

A facilitated panel discussion that includes members of two non-profit community organizations, people with sleep-related breathing disorders, and respiratory therapy students, will discuss their shared and unique experiences in a community-based collaboration that provides refurbished medical devices to those with low income or without private health insurance.

Author: Kathy Spurr

Exploring interprofessional placement in healthcare education

This systematic review aims to synthesise student, educator and service-user experiences of interprofessional placements. Research to date has mainly focused on student experiences, with less focus on educator and service-user experiences. Findings have mainly come from questionnaire and focus group data. An ethnographic case study could explore multiple stakeholder perspectives.

Authors: Noreen O'Leary

## **Breakout Session #3: Drugs & Health**

**Room 106**

It's no dream. Sleepwell without sleeping pills.

Sleepwell helps people find an effective and safe treatment for insomnia without the need for sleeping pills. It provides a gateway to cognitive-behaviour therapy for insomnia (CBTi), an effective form of sleep therapy. New insomnia treatment guidelines state CBTi is first-line treatment. Sleepwell is helping make this recommendation a reality.

Authors: David Gardner, Tulayla Katmeh, Sarah Abidali, Andrea Murphy

Hijacked and leveraged: Big alcohol marketing in one Canadian community

During Halifax's 2012 Tall Ships festival, a family-friendly cultural event, the alcohol industry used sponsorship tactics to promote sales and increase brand loyalty. Sponsorship policy is an effective way to decrease population alcohol harms. Policy makers need to see alcohol sponsorship and advertising as the same, to reduce the space that the alcohol industry has to operate.

Authors: Jonnie-Lyn Barron, Robert Strang, Dan Steeves, Laura J. Kennedy, Samantha Cukier

The role of the health professional in smoke-free housing policy

Smoke-free housing policy is an emerging area of tobacco control that addresses health inequities. Health professionals within the Nova Scotia Health Authority can reduce multiple unhealthy exposures through facilitating smoke-free policy formulation and adoption at the institutional level.

Authors: Laura Jean Kennedy, Dan Steeves

## **Breakout Session #4**

**Room 104**

The role of trees and greenspace in healthy urban living (90-minute workshop)

Trees and greenspaces play important roles in promoting health and in supporting the sustainability of urban ecosystems. Studies looking at exposures to greenspaces suggest that benefits to health accrue through several pathways, including increased physical activity, stress reduction and by regulating



essential health-supporting ecosystem services, such as protection from harmful substances such as air pollution. In this workshop, participants will learn about how trees and access to green and blue spaces support health and health promoting behaviours, and how the urban forest supports urban sustainability and resilience to environmental challenges. Participants will also be led on a guided walking tour and will learn more about the challenges and rewards of maintaining a healthy urban forest.

Authors: Daniel Rainham, James Steenberg, Peter Duinker

### **Breakout Session #5**

**Room 103**

#### **Integrating steps to connect to support self-management across sectors (90-minute workshop)**

Steps to Connect is a leisure education program designed to support people living with chronic conditions to engage in community recreation as part of self-managing their condition. The purpose of this workshop is to explore how leisure education can be used to support chronic condition self-management in community recreation settings.

Author: Heidi Lauckner, Susan Hutchinson

### **Breakout Session #6**

**Room 108**

#### **Building a Health Equity Agenda for People of African Descent (90-minute workshop)**

This presentation examines the current state of health research on people of African descent, and provides suggestions for building a Health Equity Agenda for People of African Descent that reflects and addresses the health and mental health needs of this population through research, policy, university curricula, and services.

Authors: Ingrid Waldron, Barbara Hamilton-Hinch, Ifeyinwa Mbakogu

### **Breakout Session #7: Interprofessional Engagement & Youth**

**Room 109**

#### **The power of youth engagement in policy, programs and knowledge translation (30 minutes)**

Engagement in the decisions that affect them is positive for both youth and services across many sectors. Youth engagement is at the heart of all that we do at Wisdom2Action. It's a commitment, an approach and a promising practice that we promote across the youth serving sector. Young people gather on our Youth Advisory Committee, they sit on our Governing Board, identify and develop projects, lead mentoring projects with other organizations on youth engagement and lead our community engagement events. Since 2013, we have been providing guidance and training to organizations and governments across Canada and internationally on youth engagement. We have also modelled youth engagement as a promising practice through our public events.

In 2013, we completed a knowledge synthesis report on youth engagement (Zinck, Ungar, Whitman, Exenberger, LeVert-Chaisson, Liebenberg, Ung, & Forshner, 2013). In 2018, this report was updated in advance of the first national Canadian conference on youth engagement led by Wisdom2Action. This presentation will engage participants in shared learning about how to implement youth engagement in diverse organizations and contexts.

Author: Lisa Lachance

#### **Unlocking the potential of interprofessional students to advance health care: Learning from two student led environments (60 minute workshop)**

A three-way partnership between Holland Bloorview Kids Rehabilitation Hospital, University Health

Network and the Centre for Interprofessional Education in Toronto has supported the development of interprofessional student led environments in two very different healthcare care settings. These initiatives confirm the value of these placements for students, patients, preceptors and administrators.

Authors: Elizabeth Hanna, Anne Hunt, Dean Lising, Charlotte Anderson, Mark Bonta, Olavo Fernandes, Dhanjit Litt, Kathryn Parker, Nick Reed, Maria Tassone

## **Breakout Session #8: Health, the Environment & Context** **Room C1**

### **Active transportation and health indicators project**

There is a lack of information in Nova Scotia on active transportation. The NSHA Public Health – Central Zone, with a team of academic and community partners, initiated the Active Transportation and Health Indicators project to address this issue. This presentation focuses on findings, lessons learned, and reflections on knowledge translation.

Author: Amber Walker

### **Green areas and connection with nature as a tool for well-being**

This paper presents preliminary findings of an investigation conducted in the Great Metropolitan Area of Costa Rica which aims to establish the impact of connection to nature on the inhabitants' wellbeing

Author: Marcela Gutierrez

### **Exposure to nature improves attention in typically developing children**

Children currently spend minimal time in nature. Disconnection from nature may impact health in a variety of ways, including reduced attentional abilities. We examined children's attention before and after a 30-minute exposure to an urban or natural environment. The nature condition, but not the urban condition, led to improved attention.

Authors: Shannon Johnson, Daniel Rainham, Michael Lawrence, Stephanie Snow

## **Breakout Session #9: Women & Health** **Room C4**

### **Breaking the Silence: Traumatic Brain Injury and Intimate Partner Violence**

Past research has established that a high percentage of women in violent relationships experience a traumatic brain injury, with one article estimating approximately 23 million women in the US living with a TBI from intimate partner violence. The present research investigates this relationship from a qualitative perspective.

Author: Chantele Joordens

### **An innovative non-profit organization serving criminalized women in the perinatal period**

This presentation describes the work of Women's Wellness Within (WWW), a registered non-profit organization serving criminalized women in Nova Scotia (NS) in the perinatal period. WWW services include volunteer doula support, facilitating educational workshops for women, collaboration with clients on resource creation, political advocacy, and developing public, student and health professional understanding of the intersection of women's health and criminalization.

Author: Martha Paynter

### **Women's depression coping in the context of gendered lives**

Despite the capacity for some women to manage depression well, the burden and stress associated with

“getting on with life” has a significant impact on women’s overall health, well-being, and quality of life. I will explore how depression is shaped by the discourse of self-management and gender performance. Preliminary results on women’s depression from interviews conducted with Nova Scotia women will be presented including how women describe managing their depression and the limitations of approaches which emphasize self-management at the expense of social context.

Author: Catrina Brown

12:00-1:30pm

Lunch Break

C2

Experiential Room & Exhibitor Hall Open

C2

Poster Presentations and Judging

C2

- o Poster 9 12:00-12:10
- o Poster 10 12:15-12:25
- o Poster 11 12:30-12:40
- o Poster 12 12:45-12:55
- o Poster 13 12:00-12:10
- o Poster 14 12:15-12:25
- o Poster 15 12:30-12:40

How might community partners sustain the Halifax Mobile Food Market? (Poster 9)

Mobile food markets (MFM) are interventions which can support healthy eating within lower-income communities. Community partnerships are important in sustaining the Halifax MFM, but little is known about how partnerships function in this context. The proposed project will explore how partnerships operate to influence outcomes of the MFM in Halifax.

Authors: Madison MacQuarrie, Sara Kirk

Partnering together: Improving access to chronic disease exercise programs in the community (Poster 10)

The collaboration between Community Health Teams (Nova Scotia Health Authority) and a community recreation facility, Canada Games Centre, to offer a free 10-week exercise program to individuals living with chronic conditions demonstrates that building strong relationships and collaborating on shared priorities has the strong potential of improving health outcomes for community members.

Authors: Caroline Carr, Sarah Manley, Tara Sampalli, Carla Alderson, Julia Jennings, Christina MacDonald, Stephanie McCarville, Jennifer Manuel, Jill Robison, Carah MacIsaac, Deirdre Smith

Healthy farm to school fundraising with nourish your roots (Poster 11)

Nourish Your Roots (NYR) is a healthy farm-to-school fundraising program of Nourish NS designed to: support the Food and Nutrition Policy for Nova Scotia Schools; help sustain healthy food-related programming in schools; and support the whole, healthy local food economy in Nova Scotia.

Author: Melissa Stewart

Healthy Dying: Gay and bisexual men’s expectations for end-of-life (Poster 12)

Older LGBTQI2S adults are often invisible in end-of-life care planning and preparation. With data from a national study, this research focused on unique needs of older gay and bisexual men. In exploring their needs, this study gained understanding of their perceptions of death and the processes of dying.

Authors: Kirk Furlotte, Jacqueline Gahagan

**Enhancing undergraduate medical education with community engaged learning experiences: Results of a two-year evaluation of a Service Learning Program (Poster 13)**

The Service Learning Program requires participation in in preparations, critical reflection and community-engaged learning experiences. These experiences include the completion of projects based on community-identified priorities. A program evaluation was completed with recommended changes and celebrated successes outlined. Results were positive overall and offers pathways for creating social accountable institutions.

Authors: Sarah Peddle, Shawna O'Hearn, Emily Pelley, Daniel Boudreau, Libby Morrison, Eric Comeau, Sarah Gander, Christy Simpson

**Thematic Analysis of Children's Health Care Play (Poster 14)**

This study documents ways that preschooler's display health literacy. A participant-observation qualitative study in a preschool classroom (n=28) involved the introduction of health care materials for child-directed play. Six themes illustrate children's understanding, knowledge and behavior about health and health care as observed during the health care play.

Authors: Joan Turner, Victoria Dempsey

**Essential oils: Revolutionizing home and clinical practices (Poster 15)**

Research demonstrates that essential oils carry antimicrobial properties and immune enhancing effects. The objectives are to explore research and discuss realistic applications of essential oils in sanitization, sterilization, food preparation and patient-care practices. As time permits, discussion on pragmatic aspects of transforming individual habits and clinical practices is welcome.

Author: Cheryl Karthaus

**1:30pm - 3:00pm**

**Breakout Session #1: Physical & Mental Health**

**Room 102**

**The development of a KNeE Osteoarthritis Walking Score (KNOWS).**

Patient-reported outcomes drive clinical OA management; however, these outcomes may not reflect how knee function is altered by OA. Therefore, the development of a multivariate Knee OA Walking Score (KNOWS) may deliver an objective measure of knee function that can be integrated into clinical decision making.

Authors: Matthew Baker, Janice Moreside, Ivan Wong, Glen Richardson, Nathan Urquhart, William Stanish, Derek Rutherford

**Recreation for Mental Health: Older Adults Overcoming Barriers**

Leisure and recreational activities have many health benefits, but people with a mental illness, and especially older adults, often face personal, social and environmental barriers to accessing such activity. Drawing on qualitative methods, this study examines the barriers faced by older adults, and makes recommendations to overcome them.

Authors: Catherine White, Susan Hutchinson, Karen Gallant, Barbara Hamilton-Hinch

**Postpartum depression: The great shame of motherhood**

Postpartum depression is a significant illness that affects mothers' ability to care for themselves and their infant. Left untreated, it has been associated with insecure attachment in infants and emotional difficulties in children, yet many mothers do not seek help. This study begins to examine some of the reasons why.

Author: Anne Mahalik

## **Breakout Session #2: Health Systems**

**Room 107**

### **The Pan-Canadian Health Inequalities Reporting Initiative**

The Pan-Canadian Health Inequalities Reporting Initiative aims to advance health equity in Canada by making available evidence to support health inequalities research, program and policy interventions through two main products: The Health Inequalities Data Tool and an accompanying narrative report on the most pronounced inequalities in Canada.

Authors: Audrey Layes, Albert Kwan

### **Young adult health profiles at admission: Insights for residential services**

Younger adults (YA) living in residential long-term-care designed for older adults (RLTC) face distinct barriers to health and well-being. Admissions assessments of YA admitted to RLTC, were mapped to the ICF and social determinants of health. Patterns in personal and contextual factors inform alternative RLTC models for this vulnerable population.

Authors: Marie Earl, Katie Aubrecht, Lori Weeks

### **The embedded researcher experience and population health system impact in Nova Scotia**

Our purpose is to present an overview of the embedded fellow experience of the inaugural CIHR Dalhousie University-Nova Scotia Health Authority Health System Impact fellowship. The population health project for this fellowship is described, alongside its implications for broader health system impact and future directions using this embedded researcher model.

Authors: Meaghan Sim, Sara Kirk

## **Breakout Session #3: Approaches to health and care**

**Room 106**

### **Because Bladder Matters-Reducing Post-Surgical Urinary Tract Infection**

Urinary tract infection is the fourth leading cause of healthcare associated infections. Indwelling catheters are stressful, restrictive, and is a substantial care burden. Our goal is to reduce the rate of urinary tract infections by 50% through collaboration involving the interprofessional team utilizing the "4 E's approach.

Authors: Natasha Briggs, Amit Thakker

### **Implementing person centred care in the post anesthetic care unit**

Person-centred care (PCC) has demonstrated positive outcomes. The concept of PCC has yet to be studied in the environment of a Post Anesthetic Care Unit (PACU). This implementation project will build upon the PCC Framework in the PACU and identify appropriate evidence-based interventions to change provider behaviour in this setting.

Authors: Erna Snelgrove-Clarke, Dolores McKeen, Tracy Dryden, Nancy Van Eyk

Food in focus: Youth exploring food in schools (30 minutes)

Youth perspectives are often lacking in research on school food. This study used photovoice, a methodology based in participatory and critical approaches, to engage youth to critically reflect on their school food environments and their role in making positive changes.

Authors: Rebecca Spencer, Jessie-Lee McIsaac, Melissa Stewart, Sara Brushett, Sara Kirk

## **Breakout Session #4: Natural Movement & Supporting in Remaining in the Community Room 104**

Working collaboratively to support frail older people stay in the community as they age (30 minutes)

A group of multidisciplinary and intersectoral collaborators with a shared interest in supporting older people live well in the community, facilitated knowledge creation and design of a tool to support planning for staying at home through health and functional changes.

Authors: Elaine Moody, Lynn Shaw, Ron Swan, Ian MacDonald, Bill VanGorder, Sherry Donovan, Angus Campbell, MJ MacDonald

Natural movement can predict all-cause mortality: Learn, discuss & play (60 minute workshop)

Research shows that natural movement (sit and rise from the floor) can be used as a predictor of all-cause mortality. Facilitators will present information about factors that contribute to movement and facilitate discussion and hands-on experience. Leave with the knowledge and tools to decrease your risk of mortality.

Author: Cheryl Karthaus

## **Breakout Session #5: Workplace Wellness Room 108**

A Comprehensive workplace health intervention assessment: A mixed methods study (30 minutes)

A comprehensive workplace wellness program (WWP), targeting multiple health behaviours in areas of physical, emotional, mental and spiritual wellbeing, improved thriving, resilience, physical health, presenteeism, life purpose behaviour, physical activity and nutrition outcomes for financial consultants over a 16-week study period, in an organization mostly absent WWP best practices.

Authors: Sean Hennessey, Laurene Rehman, Gail Tomblin Murphy

From random acts of wellness to institutional workplace wellness strategy: Dalhousie's case (60 minutes)

Representatives from one organization's Healthy Workplace Committee will share their "total health" approach to workplace wellness. They will review their journey from "activity" to "impact" as they capitalize on synergies from across the organization and build institutional capacity so wellness is no longer just an HR function.

Author: Janice MacInnis

## **Breakout Session #6: Professional leaders and health**

**Room 109**

**Health Equity for LGBTQ+ Patients through Competency-Based Medical Education**  
Inclusive health spaces are essential to providing equitable health care. Minority populations, like the LGBTQ+ community, are susceptible to current shortfalls in equitable care provision. To provide equitable care to the LGBTQ+ population, physicians must be trained to provide culturally competent care as part of their undergraduate medical education.

Authors: Fiona Warde, Dr. Jacqueline Gahagan

**Drawing on Eastern Europe to Change Canadian Health Profession Education**  
The enlargement of Europe and social changes, like the ageing population, cultural diversity, economic changes, poverty and social and health inequality, have required changes in health/social profession education. This presentation will spark dialogue on change by considering the unique development of Eastern Europe occupational therapy education directed at social/health reform.

Author: Hanneke (Johanna) Elisabeth van Bruggen

**African Nova Scotian Nurses Experiences as Leaders in Health Care**  
This presentation will consist of a proposal and literature review for doctoral research. The discussion will focus on the application of Black Feminism to understand the experiences of African Nova Scotian nurses as leaders in health care. Social and institutional discourses will be explored.

Author: Keisha Jefferies

## **Breakout Session #7: Evidence Synthesis**

**Room C4**

**The prevalence of mortality due to rebound toxicity after “treat and release” practices in prehospital opiate overdose care: A systematic review and meta-analysis**  
We systematically reviewed the safety of an alternative to transport approach in out of hospital opioid overdose; treat and release. There were 4/4912 (0.081%) total reported deaths of suspected rebound etiology from included patients across seven studies. We suggest this may be a safe alternative to EMS transport.

Authors: Jennifer Anne Greene, Brent Deveau, Justine Dol, Mike Butler

**Employment of Occupational Concepts within Return to Work (RTW) Literature**  
Occupational concepts are utilized by return-to-work (RTW) processes to describe the social determinants of recovery. We were interested in which occupational concepts and occupational fields were mentioned in the RTW/BTW academic literature. Occupational health and safety-related terms were utilized more than those used within occupational therapy and occupational science.

Authors: Wentao Li, Gregor Wolbring

**Drug-free prescription programs In Halifax: Environmental scan and preliminary recommendations**  
Food insecurity continues to be a prevalent and highly impactful concern for many Canadians, where families in Nova Scotia are affected above the national average. This environmental scan examines existing drug-free healthy food prescription programs targeting food insecurity, and suggests key

recommendations for future program implementation.

Author: Meghan Wentzell

## **Breakout Session #8: Community Partnerships and Health Room 103**

### **The North End Food Coalition**

Since 1971, the North End Community Health Centre (NECHC) has been providing collaborative, multi-disciplinary health services to the North End Halifax community. Learn more about the NECHC Good Food Box program and how it inspired a larger project to influence policy change; the North End Food Coalition – a first voice project.

Authors: Tammy Calabrese, Shelley Baccardax, Megan Macbride

### **Building partnerships toward equitable refugee healthcare (60 minute workshop)**

Immigrant Services Association of Nova Scotia (ISANS) Refugee Health Program aims to address systemic and socially produced health disparities among newcomers. Working with various institutions, partnerships are created support equitable access to health care, addresses social determinants of health, and facilitate diversity and inclusion.

Authors: Sara Abdo, Zrinka Seles-Vranjes, Carmen Celina Moncayo

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### **3:00pm - 4:00pm Nutrition Break**

**Experiential Room & Exhibit Hall Open**

**C2**

### **4:00pm - 5:30pm**

**Turning Health Upside Down Not your Typical Fireside Chat**

**C1**

Moderated panel discussion featuring Drs. Monika Dutt and Timothy Allen Caulfield.  
Moderated by Dr. Erna Snelgrove-Clarke.

### **5:30pm - 6:00pm**

**Final awards presentations and Closing Ceremonies**

**C1**