

Focus on Faculty #85

Sylvie Lambert



Sylvie Lambert RN, PhD obtained her PhD in 2008 from McGill University, Ingram School of Nursing and then completed post-doctoral studies at the University of Newcastle, Australia. She then joined the University of New South Wales, Australia as a National Health and Medical Research Council (NHMRC) Research Fellow. In 2013, she returned to her alma mater and is now Associate Professor in the Ingram School of Nursing and a Scientist at the St. Mary's Research Centre. In 2017, she was awarded a CIHR Canada research Chair (Tier 2) in self-care and illness self-management support interventions. Sylvie is an Associate Member of the Gerald Bronfman Department of Oncology and the Institute of Health Sciences Education. She was also recently appointed the Associate Director of Research, Ingram School of Nursing.

Sylvie is leading a research program focused on: 1) developing and evaluating low-cost self-care and illness self-management interventions for patients with cancer and their caregivers (always keeping sustainability in mind), 2) implementing and evaluating real-world patient-reported outcome (PRO) and caregiver-reported outcome (CRO) screening programs, 3) adapting evidence-based self-management interventions to the needs of patients from a culturally and linguistically diverse background and their caregivers, and 4) using advanced psychometric approaches for improving the precision and efficiency of outcome evaluations. Her teaching has focused on patient and health education as well as research methods. Her national and international standing in the area of patient education, information-seeking, caregiver research, sustainable self-management interventions, longitudinal research, psychometrics (Rasch analysis) and PROs are evidenced by high-quality publications and winning several prizes and awards, including the 2018 Canadian Institutes of Health Research (CIHR) Institute of Cancer Research New Investigator Award in Psychosocial Oncology. In recognition of her work in caregiver research, she was recently nominated to the [CIUSSS du Centre-Ouest-de-l'Île-de-Montréal | Observatoire québécois de la proche aide](https://www.ciussst.ca/) ([ciussstcentrouest.ca](https://www.ciussst.ca/)).

Her most significant studies have included Australia's first longitudinal caregiver well-being study, which has led to developing two self-directed coping skills training and self-management interventions for patients facing cancer and their caregivers: Coping-Together and TEMPO (truenth.ca). TEMPO stands for Tailored web-based psychosocial self-Management and Physical activity program. Coping-Together is currently being pilot tested, using an innovative trial design called Sequential Multiple Assignment Trial (SMART) to better identify which patients and caregivers need what kind support and when. The caregiver well-being study also led to the development and testing of the Supportive Care Needs Survey – Partners and Caregivers, which has been translated in French, Dutch, German, Chinese, Persian, and Indonesian. Sylvie is leading the largest implementation of a standardized, electronic patient-reported outcome (PRO) screening program in Quebec called [Home - e-IMPAQc](#). E-IMPAQc has been developed in collaboration with over 49 clinicians, managers, researchers, and patient and caregiver partners from across Quebec. E-IMPAQc includes an evidence-based PRO screening algorithm, real-time reports for patients and clinicians that flags the PROs needing attention, and stepped care clinical referral pathways, including tailored self-management support.

Outside of work, Sylvie enjoys outdoor activities with her husband and 3-year-old twins. Her twins were extreme preemies born at 26 weeks and she has combined her unfortunate NICU experience with her passion for evidence-based practice to advocate for family-centered NICU care and pain management for extreme preemies, and she participates as a parent partner on several research initiatives. P.S. the twins are happy active toddlers!

TEMPO pilot [Feasibility, Acceptability, and Clinical Significance of a Dyadic, Web-Based, Psychosocial and Physical Activity Self-Management Program \(TEMPO\) Tailored to the Needs of Men with Prostate Cancer and Their Caregivers: A Multi-Center Randomized Pilot Trial - PMC \(nih.gov\)](#)

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