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THERAPY

FOCUS

2017 / 2018



SPECIAL FEATURE:
WELLNESS

NAME-TAG
CEREMONY

SPOT
HOMECOMING



School of Physical &
Occupational Therapy

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OUR VISION AND MISSION

Vision of our School / Creating leaders in rehabilitation practice, scientific innovation and community engagement.

Mission of our School / Excellence in teaching and research is the foundation and tradition of the School of Physical and Occupational Therapy at McGill University. The faculty educates professionals and, through research, generates the body of knowledge which guides our professions to advance the health, function and participation of individuals in society. The educational programs apply and promote principles of interprofessional education, evidence-based practice and knowledge exchange with the expectation that students become self-directed, life-long learners.



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FROM THE DIRECTOR'S DESK

FOCUS ON WELLNESS

At SPOT, wellness is our theme for this year, a theme that captures our big picture view of health and rehabilitation. The National Wellness Institute describes the construct of wellness as “a conscious, self-directed and evolving process of achieving [one’s] full potential.” Wellness is more than being free from illness; it is a dynamic process of change and growth and making choices toward a healthy and fulfilling life. Wellness matters. Thus, it is important for us to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.



While there are many aspects of wellness to consider, physical wellness and occupational wellness are dimensions of wellness that address personal satisfaction and enrichment in one’s life through activity, productivity, leisure and self-care.

Self-care... Care of the self... Therapeutic use of self... These are the important dimensions of wellness that our students will rely on as they share their clients’ lived experience of the challenges of illness and disability. For most of the students, this will be new territory. Wellness promotes the idea of taking a walk, a run, a breath. Nourishing the body and the mind. Being open to others and bringing one’s awareness and attention to the inevitable challenges.

SPOT is proud to partner with the WELL Office (Wellness Education Lifelong Learning; see website), in a process that fosters wellness. Including key concepts in our professional curriculum such as collaborations, partnerships, best practices and advocacy reinforces that at SPOT, wellness matters. It is important for us all to value optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.

Dr. Laurie Snider

À l’École, le thème du bien-être est celui de cette année, un thème qui reflète notre vision mondiale de la santé et de la réadaptation. L’Institut national du bien-être décrit l’idée du bien-être ainsi : « un processus conscient, auto-dirigé et évolutif visant à atteindre [son] plein potentiel ». Le bien-être est plus que d’être libre de toute maladie. C’est un processus dynamique de changement et de croissance, de choix pour une vie saine et épanouissante. Le bien-être compte. Ainsi, il est important pour nous d’atteindre un bien-être optimal afin de maîtriser le stress, réduire le risque de maladie et assurer des interactions positives.

Bien qu’il y ait de nombreux aspects du bien-être à considérer, le bien-être physique et le bien-être au travail sont des dimensions du bien-être qui répondent à la satisfaction personnelle et à l’enrichissement de la vie. Prendre soin de soi ...

Ce sont les dimensions importantes du bien-être sur lesquelles nos élèves pourront compter lorsqu’ils partageront l’expérience vécue par leurs clients des défis de la maladie et du handicap. Pour la plupart des étudiants, ce sera un nouveau territoire. Le bien-être favorise l’idée de faire une promenade, une course, prendre un souf-fle. Nourrir le corps et l’esprit. Être ouvert aux autres et apporter sa conscience et son attention aux défis inévitables.

SPOT est fier de s’associer au Bureau SOURCES - voir site-Web), dans un processus qui favorise le bien-être. L’inclusion de concepts clés dans notre programme professionnel, tels que la collaboration, les partenariats, les meilleures pratiques et le plaidoyer, renforce le fait que chez SPOT, le bien-être est important. Il est important pour nous tous de valoriser le bien-être optimal afin de maîtriser le stress, réduire le risque de maladie et assurer des interactions positives.



Dr. Annette Majnemer Accepts Position as Vice-Dean, Education

Dr. Annette Majnemer has officially stepped into her role as Vice-Dean of Education, Faculty of Medicine, with the goal of ‘promoting a spirit of collaboration, authentic inter-professionalism, and exciting new directions in education in the health sciences and professions.’ This transition comes after serving as Interim Director and Director of SPOT since 2010. Dr. Majnemer credits the confidence she has in the leadership and direction of current Interim Director, Dr. Laurie Snider, as part of her decision to take on the new challenge at the Faculty of Medicine. She states, ‘It will be difficult for me to let go of the Directorship for now, but I am still a faculty member and a part of the School!’

PROGRAM UPDATES

MISES À JOUR DES PROGRAMMES



DR. SARA
SAUNDERS
OT Director

With all of the wellness buzz in the air around McGill University, I am proud to highlight some of our OT students' initiatives on campus. Our students provide 1:1 ergonomic consultation to 4th year Dentistry students with the goal for them to take healthy working habits out into the workplace. Within SPOT, undergraduate OTs have been promoting wellness through OT Balance Month activities such as Zumba, Yoga and Mindfulness Meditation.

Our efforts also extend to McGill faculty and staff. For the past three years, students have joined with McGill's Disability Management team to provide tailored, holistic interventions designed to promote physical and mental health in various departments. Additionally, students provide 1:1 workstation ergonomic assessments for staff, and healthy workplace advice at McGill's Health Fair. Through these efforts, we are providing valuable services, spreading the word about what OT can provide, and teaching future OTs the important role we play in wellness promotion. A win-win-win for wellness.

Avec tout le bourdonnement du bien-être autour de l'Université McGill, je suis fière de souligner certaines initiatives de nos étudiants ergo sur le campus. Nos étudiants offrent une consultation ergonomique 1:1 aux étudiants de 4e année en dentisterie dans le but d'adopter de saines habitudes de travail en leur milieu de

travail. Au sein de SPOT, les étudiants de premier cycle ont fait la promotion du mieux-être à travers les activités du Mois de l'équilibre d'ergo, telles que le zumba, le yoga et la méditation de la pleine conscience. Nos efforts s'étendent également aux professeurs et au personnel de McGill. Au cours des trois dernières années, les étudiants se sont joints à l'équipe de gestion des personnes handicapées de l'Université McGill pour offrir des interventions holistiques personnalisées conçues pour promouvoir la santé physique et mentale dans divers domaines. De plus, les étudiants offrent des évaluations ergonomiques du poste de travail 1:1 au personnel et des conseils sur les milieux de travail sains à la Foire sur la santé de McGill. Grâce à ces efforts, nous fournissons des services précieux, en faisant connaître ce que l'ergothérapie peut fournir et en enseignant aux futurs ergothérapeutes le rôle important que nous jouons dans la promotion du mieux-être. Un gagnant-gagnant-gagnant pour le bien-être.



DR. LILIANE
ASSERAF-PASIN
PT Director

would like to thank Dr. Judith Soicher for her strong leadership over the last eight years, for leaving the PT program at SPOT "spotless", giving me a clean slate to begin my journey in this leadership role.

I would like to highlight two achievements over the past few months. One of our strategic goals is to optimize a teaching and learning environment that is learner-centered and enhances professional and

interprofessional education (IPE). A recent review of the IPE program reported that it "is possibly the best structured of any IPE programs in Canada"! A second goal is to nurture a safe, enriching, inclusive academic community that promotes wellbeing, work-life balance, diversity, equity and collegiality. A variety of workshops help students develop strategies to build resilience and prepare them to be the new generation of health professionals.

Je tiens à remercier la D^{re} Judith Soicher pour son leadership solide au cours des huit dernières années, pour avoir laissé le programme de PT à SPOT «impeccable», me donnant une table rase pour commencer mon voyage dans ce rôle de leadership. Je voudrais souligner deux réalisations au cours des derniers mois. L'un de nos objectifs stratégiques consiste à optimiser un environnement d'enseignement et d'apprentissage centré sur l'apprenant et à améliorer l'éducation professionnelle et interprofessionnelle (EPI). Un récent examen du programme EPI a indiqué que «c'est peut-être le programme le mieux structuré de tous les programmes de EPI au Canada»! Un deuxième objectif est de favoriser une communauté universitaire sécuritaire, enrichissante et inclusive qui favorise le bien-être, l'équilibre travail-famille, la diversité, l'équité et la collégialité. Une variété d'ateliers aident les élèves à élaborer des stratégies pour renforcer la résilience et les préparer à devenir la nouvelle génération de professionnels de la santé.



DR. ISABELLE
GÉLINAS
Graduate Program
Director

NEWS FROM THE GRADUATE PROGRAM IN REHABILITATION SCIENCE

This year has been very exciting for the Graduate Program in Rehabilitation Science as we have welcomed students from around the world who have brought their diverse and rich experience to our different programs (MSc, PhD, Certificates). We are proud of the high calibre of the students and of their accomplishments; several have received awards and fellowships from provincial and federal funding agencies and have presented their research at local, national and international conferences. This would not have been possible without the contribution of our talented and highly dedicated Faculty and support staff. More particularly, we would like to highlight the accomplishments of Dr. Nancy Mayo whose 30th PhD student graduated in February of this year (photo p.14).

Two new members joined the administrative team of the Graduate Program. Dr. Anouk Lamontagne was appointed Associate Director and Ms. Chiara Sabatino was hired as Student Affairs Coordinator replacing Mrs. Maria Ruocco upon her retirement. This team, together with the Graduate Committee and the Graduate Rehabilitation Student Society (GRSS) continues the work of updating the program, building new content to keep our grads current with today's new realities, always ensuring our students are well supported during their studies at McGill, as they strive to become the future leaders in rehabilitation research

The two online graduate certificate programs (Driving Rehabilitation and Chronic Pain Management), have been developed to meet the educational needs of the clinical community, and continue to attract health care professionals from the province, the country and internationally. Since 2016, the Société de l'assurance automobile du Québec (SAAQ) has offered bursaries to students in the Driving Rehabilitation program. The feedback from our students and their employers is very positive and attests to the quality of the evidence-based training and its impact on clinical practice. Please take a moment to view the testimonials from our students on the programs' webpages at www.mcgill.ca/spot.

RESEARCH FUNDING

- **57%** of research faculty are supported by Salary awards including **12** with *Fonds de recherche du Québec – Santé* (FRQS) awards
- **100%** of research faculty hold grants as a Principal or Co-Principal Investigator

PUBLICATIONS

- **116** peer-reviewed publications by research faculty
- An average of **3.9** publications per faculty researcher
- **10** faculty serve as editor or co-editor for a peer reviewed journal

DISSEMINATING KNOWLEDGE

- **143** invited talks were given by faculty researchers; Including **19** Keynote Addresses

SPOT 2017/18

FOCUS ON WELLNESS



Suekhleane Bajaj (L) who did a kinesiology thesis on the Spin Bike Gardens project, and Louise Lockhart (R), Registered Nurse with the Student Health Services, take a little break in McIntyre Medical Building's Spin Bike Garden.

THE SPIN BIKE GARDEN PROJECT

There are many ways to spin to give your brain a boost!

Spin Bike Gardens is a project aimed at promoting mental health and wellbeing at McGill. Spin Bike Gardens are for everybody. No experience is required. Just 10 minutes of cardio can improve cognitive function, decrease stress and increase wakefulness and 20 minutes have even more immediate mental health benefits. Quick. Convenient. Nothing to sweat about.

Spin Bike Gardens are equipped with silent spin bikes surrounded by lots of plants and meditative art. These spaces conveniently provide students and staff with mental and physical breaks, and are situated across campus in libraries and other buildings. A short spin break can help reduce overall stress while boosting energy levels and mental wellness, right in the spaces that we are learning and working. The Spin Bike Gardens Project was conceived by a primary care nurse at McGill Student Health Services.

HEALTHY LEARNING

By: Deborah Friedman Assistant Dean Student Affairs Co-Director WELL Office and Nicole-Ann Shery Wellness Consultant/Counsellor

The Faculty of Medicine's WELL Office is dedicated to supporting learners throughout their training in both the clinical and academic environments. This includes providing one-on-one confidential counselling sessions, academic support and guidance, various discussion/support groups, including healthy learning topics in course curricula, and liaising learners with assorted resources. The WELL Office also provides learners with a confidential accolades and mistreatment reporting mechanism. Our objective is to guide and encourage learners to reach their academic, personal and professional goals in their journey to becoming effective, well-functioning, resilient health care professionals or researchers in today's health care system.

2017-18 was the first academic year that the WELL Office was available to learners from the School of Physical & Occupational Therapy (SPOT), the Ingram School of Nursing (ISoN), and the School of Communication Sciences & Disorders (SCSD). The



Pictured is Nicole-Ann Shery, Wellness Consultant from the WELL Office.

participation of the Schools of Health Professionals in the mandate of the WELL Office is an opportunity for McGill to model the richness of inter-professional collaboration within the Faculty of Medicine. The Terry Fox Run activity in September 2017 (photo, page 14) is an example of an event where future colleagues from Medicine (UGME & PGME), SPOT, ISoN and SCSD came together.

As alumni, we want to hear your voice too. If you are interested in becoming a speaker at career panels or have ideas that could motivate or inspire our future generation of healthcare clinicians and researchers, please contact us at: thewelloffice.ca.

WHAT IS 'HEALTHY SPOT'?

Healthy SPOT is a new committee whose mandate is "to nurture a safe, enriching, inclusive academic community that promotes health, work-life balance, diversity, well-being, equity, safety, and collegiality" within the SPOT community. The committee is comprised of members from all sectors of the SPOT community.

Healthy SPOT has been hard at work over the past few months creating and analyzing the results of a survey to best serve the SPOT community. Based on the survey results, responses related to SPOT's physical environment have been communicated to the SPOT Space Committee, responses related to program curricula have been communicated to the respective OT and PT Curriculum

Committees. Healthy SPOT has also been working on linking SPOT community members with on-campus resources. Finally, Healthy SPOT, in conjunction with student committees, is planning several on-site initiatives to help promote a safe, enriching, healthy, and inclusive academic community.



Participants in the therapy dog session - part of OT balance month activities at SPOT.

THE 8TH ANNUAL EDITH ASTON-MCCRIMMON LECTURE 2017



SPOT's theme in 2017 was Innovation, and so, **Dr. Thom Chau** was invited to be the speaker in November of 2017, at the 8th Edition of the Edith Aston-McCrimmon Lecture. Tom Chau, PhD, PEng, Vice President of Research, at Holland Bloorview Kids Rehabilitation Hospital and Director of the Bloorview Research Institute, the Raymond Chang Foundation Chair in Access Innovations, and a full Professor in the Institute of Biomaterials and Biomedical Engineering at the University of Toronto, also the PRISM Lab of the Bloorview Research Institute where the lab group has created several innovations aimed at maximizing possibilities for children. These include: a variety of non-invasive brain-computer interfaces; the Virtual Music Instrument, a software tool that allows children of all abilities to make music;



numerous innovative physiological or biomechanical signal switches that harness energy from the body; and a medical device to assess swallowing safety. During the lecture, Dr. Chau presented his innovations and illustrated them with short videos of children experiencing the assistive devices, and their family's emotional responses. These moving stories clearly illustrated his passion for what he does and will stay in the minds of the audience for a long time. He emphasized the use of interdisciplinary teams and encouraged us to collaborate and to continue to challenge the present situation and think outside of the box.

Vi Ma, PT Masters student (pictured in photo with Dr. Chau) attended the lecture and summarized her experience in a Blog post on McGill's SPOT Blog.

TOWARD A MORE INCLUSIVE QUEBEC SOCIETY

PHILIPPE ARCHAMBAULT, PHD, OT, SCIENTIFIC DIRECTOR

SPOT Associate Professor, Dr. Philippe Archambault, has been appointed Scientific Director of the new initiative 'Social and Technological Innovations in Adaptation-Rehabilitation: Towards a More Inclusive Quebec Society'.

Inclusive Society refers to an intersectoral research initiative in rehabilitation which advances social integration. The goal of the initiative is to create more physical and social environments that are inclusive for people with disabilities. The projects, through different means, all aim at improving wellness for persons living with disabilities. For instance: access to stores by the implementation of a folding ramp; access to public spaces; access to information and communication technology; measuring the biomechanical impact of wheelchair basketball; upper limb robotic orthosis, and more. The research projects are built with a participatory approach; they emerge from the priorities and needs of partners directly engaged in the research teams. Initiated by CRIR, CIRRIIS, INTER and REPAR, Inclusive Society has funded nine projects since the initiative's first call for proposal in January 2018, through funding from Les Fonds de recherche du Québec (2017-2020). For more information: www.societeinclusive.ca



NAME-TAG CEREMONY 2017

Last year's Name-Tag Ceremony took place on April 7th 2017. The Ceremony is modeled after the Medical White Coat Ceremony and the Engineering Iron Ring Ceremony, as a way to celebrate the SPOT students finishing their undergrad (U3) or qualifying year (QY), and transforming into Occupational Therapy or Physiotherapy professionals. They receive McGill SPOT name-tags from the Director of their program; these name-tags identify them as McGill OT or PT students, with which to begin their clinical placements.

The tradition is highly valued, and speakers include a clinician and a student from each of the professions, SPOT's Interim Director, Dr. Laurie Snider, as well as Dr. Sam Benaroya, Associate Vice-Principal and Vice-Dean (Health Affairs). SPOT Faculty, as well as representatives from the two Canadian Associations (CAOT and CPA) were present, and the theme was Innovation.

To quote former Director, Dr. Annette Majnemer,

"Your name-tag signifies who you are, as an individual with unique strengths and attributes that you will bring to your profession; it indicates the professional you are becoming, confirming to others that you will abide by ethical, professional behaviours; and it identifies you as a student of McGill University, attesting to the high calibre and rigour of your educational training."



Dr. Sam Benaroya addressing the students



PT Student Speaker, Vi Ma, *"Each and every single one of us has our own story, has our own journey. We have worked hard to be here; I am standing proudly in front of you, representing you."*

Lucie Montpetit, erg, OT clinical speaker, *"If you are seeking a solution to a problem, examine it from a different perspective. Approach a problem as a challenge to learn and to enrich peoples' lives. Also, remain humble, because today's truth will be only a partial truth tomorrow"*



OT Student Speaker, Jaclyn Stevenson, *"What sits before me is an amazing group of student therapists, ready to continue learning, striving, and persevering – being the innovation"*



Taking the Oath



PT Clinical Speaker, Cindy Gauthier, pht, *"What makes us different and innovative? The use of technology for improving rehabilitation, to be more efficient, to offer more, to offer new things"*



CAOT representative, Mme Julie Lapointe and OT Program Director Dr. Bernadette Nedelec, handing CAOT lapel pins and name-tags during the ceremony



Student Life Award winner Jenujah Vadivel (L) with POTUS VP, Ivona Yordanova (R)



CPA President, Sarah Marshall and PT Program Director Dr. Judith Soicher, handing CPA lapel pins and name-tags during the ceremony



OT and PT class photo after the ceremony!



CONVOCATION RECEPTION STRAWBERRIES & CHAMPAGNE 2017

The Strawberries & Champagne Reception celebrated excellence in academics as well as high performance in clinical courses, professionalism and altruism. Representatives from the provincial *Ordres* as well as the national professional associations were on hand to help honour the students and celebrate this excellent cohort of SPOT graduates.



Interim Director
Dr. Laurie Snider
toasting the grads



"I am thankful to the program for giving me the chance to be involved in so many different ways and for giving me the chance to thrive professionally and personally." Shabnam Taherian, OT graduate, winner of the Dr. Korner-Bitensky Altruism Award and the Helen Gault Award (OT), presented by Dr. Korner-Bitensky and OT Director Dr. Bernadette Nedelec



Mme Huguette Picard from
CAOT celebrating OT COTF
student award recipients



"This award encourages me to further develop my knowledge and expertise in my new profession." Chloé Laferrière-Trudeau, PT graduate, winner of the CAMPT Award, presented by Prof. Adriana Venturini



CPA Leadership Division Award
winners Andrew Kordan and
Alex Duval, presented by CPA
President, Ms. Sarah Marshall



"My participation in clinical placements took a crucial role in my development and helped me develop important skills in the human aspect of our profession." Marie-Lyse Breault, awarded the OEQ Clinical Prize of Excellence, presented by Mme Catherine Roberge



M. Denis Pelletier
from the OPPQ
and Jean-Gabriel
Lefebvre, winner
of the PT Clinical
Prize of Excellence



"I am truly honoured to be the recipient of the Carol Rutenberg-Silver Memorial Award. I greatly appreciate your recognition of my academic achievements." Alicia Ovtsherenko, awarded the Carol Rutenberg-Silver Memorial Award, presented by PT Program Director, Dr. Judith Soicher

CONVOCATION 2017

First Cohort of Professional Masters (PT) Graduates from UQAC

May 2017, the first class of Master of Science Applied (Physical Therapy) students from McGill's extension program at the Université du Québec à Chicoutimi (UQAC) received their diplomas during the Health Sciences Convocation.



SPRING CLINICAL DAY 2017

The 2017 Spring Clinical Day examined the idea of a Strength-Based approach to the task. A presentation and a workshop on Strengths-Based Teaching Approaches for collaborative care, communication, health promotion, wellness and inclusivity were lead by SPOT alumna Dr. Regina Casey and Dr. Skye Barbic (1). Emerging as important constructs in creating supportive learning environments for our new professionals, this workshop presented a strengths-based approach to clinical teaching and best practice for patient-centered care. Strength-Base Education (SBE) is all about putting our strengths to work in learning and social situations.

Our traditional Clinical Excellence Awards as well as long-service and retirement recognitions took place after lunch. Clinical Excellence Award Winners were, from OT: Yvonne Hui, from the MUHC-MNI (2); and from PT: Lynne Dawson, from CIUSSS Centre-Ouest (3).



2017 ALUMNI AWARD OF MERIT AWARDED TO DR. ANNE CARSWELL



L-R- Dr. Laurie Snider, Dr. Anne Carswell, Dr. Dorothy Thomas Edding (a previous AAM winner), and Ms. Sarah Marshall

Congratulations to Dr. Anne Carswell, recipient of the 2017 Medicine Alumni Global Award of Merit for the School of Physical & Occupational Therapy in recognition of her extraordinary contribution to the profession of Occupational Therapy. In addition to her work as an educator, researcher and clinician, she is a co-author of the Canadian Occupational Performance Measure (COPM) and one of the founding directors of COPM Inc.

“Take the challenges and run with them. There is no limit, in my perspective, on what you can do, no limit whatsoever.”



The United Nations Convention of the Rights of Persons with Disabilities, Geneva, Switzerland

Dr. Keiko Shikako-Thomas, Assistant Professor at SPOT, traveled to Geneva, Switzerland to participate in the United Nations Convention of the Rights of Persons with Disabilities (CRPD). The CRPD uses civil, cultural, economic, political, and social rights to help protect and promote the human rights of persons with disabilities.

As a representative for the Canadian Civil Society Organizations (CSOs), Dr. Shikako-Thomas presented the Canadian perspective on the status of children with disabilities, focusing on participation and community engagement.

Regarding her participation in the UN convention, Dr. Shikako-Thomas said that, “these opportunities make me feel that our research has a relevance and that we can make a difference in contributing at a national and international level, so that children can have better lives, they can be happier, and families can also enjoy a better quality of life and well-being.”

BLACK HISTORY MONTH

Dorothy Thomas Edding: Giving back to her country, by Gillian Woodford. An article on Dorothy Thomas Edding, outlining her exceptional work in the initiation of a PT school at the University of the West Indies, was written for the McGill Reporter in honour of Black History Month (February 2018).



SPOT HOMECOMING

2017

Each year, alumni, graduates, faculty & staff are invited to the annual Director's Wine & Cheese Reception held at the School of Physical & Occupational Therapy (SPOT) on Friday of McGill's Homecoming weekend. In 2017 we celebrated reunion years ending in "2" and "7."

We were particularly honoured to welcome Marilyn Avrith, class of 1952, grandmother of Arlene Rosenburg, class of 2019!

Please mark your calendars for Homecoming 2018; join us on Friday October 12 to reunite with classmates from all years, and especially from the years ending in "3" and "8". Details of Homecoming and other special events can be found at www.mcgill.ca/spot/alumni-0. You can also learn more about the history of SPOT on the updated website history page: <https://www.mcgill.ca/spot/about/history>



OT Program Director, Dr. Sara Saunders presents the Women Associates of McGill Scholarship to OT student, Gabrielle Rashkovan.



Interim Director, Dr. Laurie Snider gives opening remarks.



PT Program Director, Dr. Liliane Asseraf-Pasin presents the Lois Radcliff Memorial Prize to Julie Lalande.



CLASS OF 1957



CLASS OF 1977



CLASS OF 1982



CLASS OF 1992



Grandmother and granddaughter connection! Marilyn Avrith, Class of 1952, and her granddaughter Arlene Rosenburg, Class of 2019.



CLASS OF 1997

SPOT GLOBAL HEALTH UPDATES

Global Health Research Initiative (GHRI) Forums

By Anik Goulet, Global Health Rehabilitation Initiative Coordinator

The Global Health Forums were created out of a desire expressed by students to engage in meaningful conversations about issues incorporating global health, disability and rehabilitation. The Forums have been held monthly during the academic year, and have enjoyed consistent and enthusiastic participation from students, faculty and the wider community! We kicked off our first GHRI Forum in October 2016 when I had the chance to share my experiences as a Physiotherapy Supervisor working in a Medecins Sans Frontières (MSF) trauma hospital in northern Afghanistan. Subsequent Forums hosted amazing people with rich experiences to share about: maternal health research in Nepal; Aboriginal health and rehabilitation in Canada; surgery in Eastern Africa; concepts of privilege and oppression in Ghana; and accessibility in Nicaragua. In subsequent Forums, we engaged in discussions about: roles of rehabilitation professionals in global health settings; people with disabilities in Northern Uganda; establishing a professional OT program in Lebanon; community-based development in Libya; global wheelchair education; and even had a forum hosted by SPOT students who completed their clinical placements in low-resource settings.

For more details, you can visit the GHRI page on SPOT's website. If you would like to receive News from GHRI or if you have any questions, please send your email address to spotglobalhealth@mcgill.ca.

Anik Goulet, discussed her experiences abroad



Muriel Mac-Seing presented her work with legislation, health policy, and utilisation of services in Northern Uganda



Mathieu Simard and Karen Paul discussed Libyan community-based inclusive development



Shaun Cleaver Awarded Steinberg Global Health Postdoctoral Fellowship

Postdoctoral scholar, Shaun Cleaver, PhD, (at left in photo) was awarded the 2017 Steinberg Global Health Postdoctoral Fellowship at the McGill Global Health Programs Award Night. The award's purpose is to support the most promising scholars in global health and assist them in establishing a research base early in their careers. Shaun is a recent addition to SPOT, and as he states it "the Steinberg award was a crucial factor to draw me to McGill."

Shaun's Steinberg proposal was built upon his existing research relationships in Zambia will investigate the well-being and inclusion of persons with disabilities in the context of a new poverty-alleviation policy. After having been awarded the Steinberg, Shaun secured additional funding through an Edith Strauss Rehabilitation Research award, allowing him to explore the perspectives of stakeholders regarding the use of information in the development of Zambian disability policy. Shaun's work is being completed under the supervision of Dr. Matthew Hunt (at right in photo).

Shaun is the first member of the SPOT community to hold a Steinberg Fellowship, and is an active participant in the Global Health Rehabilitation Initiative (GHRI).

Edith Strauss Interactive Day 2017

The 8th Annual Edith Strauss Interactive Day was hosted on June 2, 2017, sponsored by the Edith Strauss Rehabilitation Research Projects. It was a great success with over 130 registrants representing a wide range of clinicians, managers from multiple CIUSSS/CSSS, as well as researchers, administrators and students from various departments at McGill University, Université de Montréal, Université Laval and Université de Sherbrooke.

The day's theme was *How to engage patients as partners in KT*, which formed the backbone of the day's stimulating discussion. Susan Bartlett, PhD, and Mathieu Jackson, CEPPP, gave insightful keynote addresses on patient engagement based on their research and/or personal experiences. Liliame Asseraf-Pasin, PhD, Nancy Posel, PhD, and Vanessa Bouchard, PhD, led a very informative workshop on strategies for designing a patient education intervention, which promoted knowledge exchange in small groups. To end the day, our Strauss awardees presented their work at the *KT Café*, which ignited lots of interest and questions.



A focus on creating leadership behind the scenes

As part of our 2017-21 Strategic Plan at SPOT, we want to create and support an authentic leadership culture. Great innovations in research, teaching and community service are only possible with the collaborative efforts of well-functioning teams, and we believe that an organization's greatest source of success is the effective management and development of its human resources.

During this first year, a steering group was put together composed of faculty (Judith Soicher, Caroline Storr), administrative staff (Spencer Keys-Schatia, Nadina Paraschuk, Colby Briggs) and our AEC director Jordana Saada. This group has been busy brainstorming transformational initiatives for the coming year.

We have been highlighting the important contributions of each member of our dedicated support staff for greater recognition on our Public Display Screens (the "TVs") located in the lobbies of Davis and Hosmer Houses. We have updated the web profiles of staff to better reflect their unique strengths and their work processes for maximal transparency, in order to help students, faculty and other stakeholders with more efficient communication.

What's next? In the coming years, we plan to focus on our faculty and our students.

STUDENT ACTIVITIES

TERRY FOX RUN 2017

Congratulations to the Faculty of Medicine's largest interprofessional team of students, residents, and faculty from the School of Physical and Occupational Therapy, Communication Sciences and Disorders, Ingram Nursing, Medicine, and other disciplines, plus the Rosalind and Morris Goodman Cancer Research Centre! The annual run raised over \$9K which will impact the lives of many people living with cancer.



MCGILL SPOT OT STUDENTS SWEEP OEQ CONGRESS POSTER AWARDS



Congratulations to SPOT OT Masters students! Four groups of students won the best poster prizes in the four different categories at the Annual Symposium of the *Ordre des ergothérapeutes du Québec*!



SPOT students organized their annual wheelchair basketball tournament, challenging the faculty and raising funds and awareness of sports in wheelchairs!

Congratulations to Alaa Arafah, PhD, who is the very first PhD-level OT in Saudi Arabia! Alaa happened to be Dr. Nancy Mayo's 30th PhD student.



Zachary Weber, PT M1, organized student volunteers for a Healthy Athletes Day in January 2018. The SPOT students, along with other health care professionals, performed various tests of cardiovascular, strength, balance and flexibility with the athletes, giving them advice specific to their needs. Throughout the province, Special Olympics Québec provides nearly 6,200 athletes aged 2 and over with training and competition programs designed to increase their well-being, self-sufficiency, self-esteem and social integration. Special Olympics Quebec is dedicated to enriching the lives of individuals with an intellectual disability through sport.



SPOT PT students were well represented at the 2017 edition of the Faculty of Medicine Student Research Day, winning three Sir Edward W. Beatty Memorial Final Report Awards. Rachel Medvedev (left) was awarded 2nd Place (Schools Category), and Yoon Seo Lee (right), was awarded 3rd Place (Schools Category). Ali Alias was

awarded the Best Winter 2017 Research Report (absent from photo). The Student Research Day was held in November; students in the McGill Summer Research Bursary Program were able to present their work among peers, faculty members, guests, and judges.

KUDOS

CIHR recently put out a list of 150 featured Canadian Researchers to celebrate Canada 150, and our own **Dr. Annette Majnemer** was featured for her work with CHILD-BRIGHT, and **Dr. Nancy Mayo** was featured for her Heel2Toe project.



Dr. Nancy Mayo is the 2018 recipient of the President's Award for the International Society of Quality of Life (ISOQOL). Dr. Mayo is being recognized for her contribution to training, education and mentoring of future HRQOL researchers, for advancing methods for HRQOL measurement and research, and for her role as Editor of the Dictionary of Quality of Life and Health Outcomes Measurement.

Dr. Annette Majnemer has been awarded the 2017 Pfizer Research Award of Excellence by the Montreal Children's Hospital Foundation at a special celebration held at the P.K. Subban Atrium. The award recognizes exceptional work of MCH researchers, as recognized by their peers.



The Canadian Association of Occupational Therapists honoured two McGill University Faculty of Medicine representatives during their annual meeting held in Prince Edward Island. **Dr. Annette Majnemer**, Vice-Dean, Education at the Faculty of Medicine was presented with the prestigious 2017 Fellowship Award, established to recognize and

honour the outstanding contributions and service made by an occupational therapist over an extended period of time.

Dr. Laurence Roy, Assistant Professor in the School of Physical and Occupational Therapy was presented with the 2017 Golden Quill Award, which acknowledges an individual author or a group of authors that has/have published an exceptional article in the Canadian Journal of Occupational Therapy in the previous volume year.

Dr. Sarah Ahmed and her team, including SPOT researchers **Dr. Philippe Archambault**, **Dr. Anouk Lamontagne**, and **Dr. Annette Majnemer**, have been awarded a Canadian Foundation of Innovation (CFI) award for their project titled "BRILLIANT-Rehab: Biomedical Research & Informatics Living Laboratory for Innovative Advances of New Technologies in Community Mobility Rehabilitation."



Dr. Stefanie Blain-Moraes was named by the World Economic Forum (WEF) as a 2017 Young Scientist. The award recognized 55 young scientists under 40 recently at the WEF conference in Dalian, China.

Dr. Marie Brossard-Racine (OT) (1) and **Dr. Tania Janaudis-Ferreira** (PT) (2) were reappointed to SPOT faculty as a Tenure-Track Assistant Professors for 3-year terms.

Dr. Dana Anaby (3) was recently granted Tenure by the McGill Board of Governors and a promotion to rank of Associate Professor.



Alumna and past Edith Aston-McCrimmon Lecturer (2013), **Dr. Carol Richards**, was recently given the 'highest distinction awarded by the government of Québec' by being named to the Ordre National du Québec. Dr. Richards was recognized as a 'Chevalière' for her internationally acclaimed expertise as a physiotherapist and researcher in the assessment and treatment of locomotor problems affecting individuals with neurological and musculoskeletal impairments.



Gloria Gilbert, SPOT Alumna and founder of the Gloria Gilbert Chronic Pain Award, has published a book! "Don't Go to the Ouch!" is now available online and helps individuals understand and learn how to deal with chronic pain. Check it out at www.dontgototheouch.com



Dr. Bernadette Nedelec, Associate Professor and former Director of the Occupational Therapy Program at SPOT, has been elected to the prestigious American Occupational Therapy Foundation (AOTF) Academy of Research. Dr. Nedelec joins an elite group of scientists and scholars who have been recognized by what the AOTF considers their highest honour. The formation of hypertrophic scarring after a major burn is considered one of the most important long-term consequences of a major burn injury, leading to impairments and participation restrictions. Dr. Nedelec's research focuses on the rehabilitation of people who have sustained a major burn injury. SPOT now boasts three AOTF Academy members, with Dr. Nedelec joining Dr. Erika Gisel, Professor Emerita, who was inducted in 1994, and past Director, Dr. Annette Majnemer, who was inducted in 2012.

Dr. Isabelle Gagnon was productive while on sabbatical, and published a book titled "Sports Concussions: A complete guide to recovery and management."





McGill

School of
Physical and
Occupational Therapy

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On the one-day fundraising challenge called Campaign **McGill24** 2018, we raised **\$2,553** from **36** donations; a **38%** increase in the number of donations compared to last year!



Campaign **McGill24**, on March 14, was a celebration of giving. From the Directors' Council at SPOT (see photo) a sincere thank you to our SPOT community – your contributions, big or small, make the difference! #megillproud #megillspot

DATES FOR YOUR CALENDAR

MAY 29, 2018: Strawberries & Champagne Convocation Reception

AUGUST 28, 2018: Masters' Research Project Presentations

OCTOBER 12, 2018: Homecoming Wine and Cheese

OCTOBER 21, 2018: McGill Open House – years ending in 3 and 8!

NOVEMBER 8, 2018: Edith Aston-McCrimmon Lectureship

Find out more: www.mcgill.ca/spot/alumni-0



You can help McGill *Make History* by directly supporting students in Physical and Occupational Therapy in one of three ways:

ONLINE – Simply complete our secure online giving form at:

<https://www.alumni.mcgill.ca/aoc/online-giving/>

BY PHONE – To make a gift by phone using a credit card, call toll free 1-800-567-5175

BY MAIL – To make a gift by cheque, make it payable to McGill University and mail to:

University Advancement, McGill University
1430 Peel Street, 3rd Floor,
Montreal, Quebec H3A 3T3

***REMEMBER** to specify
Physical and Occupational Therapy
as your preferred area of support*