

THE OPEN GATE

32B Centennial Dr. Seaforth, ON
www.gatewayresearch.ca 519-600-2273

VOLUME 2, ISSUE 2

Seaforth Country Classic

The Seaforth Country Classic is an annual golf tournament held at the Seaforth Golf Course. Previously an official event on the Canadian Tour, this year's event, held July 26-28, featured a 54-hole no-cut event with many players from past years, including 2-time champion Brian Unk.

After three days of excellent golf, Derek Gillespie proved to be the champion golfer of the week after a final round score of 62. After suffering severe injuries in a car accident in 2012, Derek has come back better than ever. We wish Derek the best of luck in the future!

Gateway has held a close relationship with Seaforth Country Classic, as the charity of choice for the past few years and we support the healthy lifestyle that sports such as golf promote.

We would like to thank the Doig family and the whole Seaforth Golf Course staff for their donation of \$5000 to continue our work valuable to Huron, Perth, Grey and Bruce Counties. Thank you for your continued support!



Pierre Lapaine, Juliet Veens, Derek Gillespie, Gwen Devereaux

Diamond Jubilee Medal

Gateway takes pride in all of our members. Our board of directors includes a collection of very distinguished community members with health interests.



One such member is **Mary Lapaine**, a longtime volunteer in the healthcare sector. Beginning her career as a board member of the Alexandra Marine & General Hospital in Goderich, she has gone on to hold many prestigious positions throughout healthcare,

including Chair of the Ontario Hospital Association, Chair of the Canadian Healthcare Association, and currently Chair of the Southwest branch of the Community Care Access Centre. As a current executive committee member of Gateway board of directors, we are very proud to share that Mary has been awarded a Queen's Diamond Jubilee Medal. Congratulations Mary, it was a well deserved honour for all your work!

Research Assistant

Kathryn Nicholson

I recently completed my Masters of Science in Epidemiology and Biostatistics at Western University within the Schulich School of Medicine and Dentistry, and now am continuing my PhD (also in Epidemiology at Western).

I am planning on continuing my research in the area of primary care and family medicine, and hope to (at some point) combine research with clinical practice.

I am here to assist with any new or ongoing research projects you may have and will provide help or assistance for any epidemiological, research methods or analyses questions. I am available through email at knichol8@uwo.ca.



Summer Students

Nick Papalia

I grew up in Kincardine, ON. I pursued a degree in medical radiation sciences at McMaster University and clinical placements drew my attention to medicine. I did a research/clinical elective, during which I interviewed patients and collected data on a health literacy project. This project required a lot of teamwork from medical students, physicians, nurses, admin staff, and patients all across Southwestern Ontario.



Project summary: The project Nick Papalia and I (**Krista Margeson**) worked on looks at health literacy and numeracy of rural and urban Southwestern Ontarians presenting to either their family doctor or to the emergency department. We used two newly validated tools (Rapid Estimate of Adult Literacy in Medicine-Short Form and four questions about numbers) to estimate general reading levels and number comprehension in the area. We hope that by gauging levels of literacy and numeracy we will be able to determine better ways of communicating health information to patients, so they, in turn, will be able to understand their own health better.



Gateway in Ireland

Gateway works with students in healthcare career paths. **Juliet Veens** is a Seaforth student who worked with us last summer. She worked on our Peripheral Arterial Disease research. Having recently completed her degree in Biomedical Science at the University of Waterloo, Juliet is pursuing her dream of studying medicine at the Royal College of Surgeons of Ireland, in Dublin, Ireland!



She will be joining Grant Dawson, a student from Goderich who worked with us over the winter. Grant worked on our Mild Cognitive Impairment study during his tenure with us. He has been studying at RCSI since he graduated high school in 2008,

and will be completing his studies in 2014. We wish them both the best of luck in their education and hope we will see them practicing in rural medicine in the fu-

Paul Doig is a local Central Huron Secondary School student taking his co-op with Gateway this term. He came to Gateway to obtain a hands on experience in the healthcare field. He is also working with Irwin Physiotherapy Clinic as part of his placement. He is planning to study Human Kinetics in University while on a golf scholarship. After University he will be applying to Chiropractic College.

Paul is an Honours student and enjoys playing sports in his spare time. Paul plays golf at a competitive level ranking among the top amateurs in the country winning 8 consecutive tournaments in the summer of 2012.

With Gateway he has been working on many assignments including this newsletter. He is also involved with the Parkinson disease research being done by Dr Craig Hudson, Chair of Rural Mental Health. Gateway is pleased to have Paul as our co-op student and look forward to working with him again in the future!



Meeting of the Gateway Chairs

Excitement was in the air as the new Gateway Rural Research Chairs gathered in the city of Stratford for an evening of fellowship. The event was well attended by the board of directors, the rural research chairs and our research assistant. Special guest was Dr. Elizabeth Erwin from Georgian College, Barrie campus.

This is the beginning of a wonderful journey for Gateway RHRI with such expertise joining us!



Dan Stringer, Kathryn Nicholson, Research Assistant, Dr Agnes Kluz, Chair of Rural Senior Wellness, Dr Ken Milne, Chair of Rural Medicine, Dr Feng Chang, Chair of Rural Pharmacy, Dr Bev Leipert, Chair of Rural Nursing and Dr Nancy Waite Research Chair Coordinator

Community Research

Candi Flynn grew up in Goderich Township. She obtained her Bachelor of Science from the University of Waterloo specializing in Health Studies and Gerontology. She later completed her Master of Science Degree in Epidemiology and Biostatistics at the University of Western Ontario (UWO).

Candi is presently a medical student at the University of Toronto. Her current research aims health status pre and post tornado in Goderich. She is collaborating on this project with Dr Alexander Khemlin from UWO.



SGEM The Skeptics Guide to Emergency Medicine

Today in most emergency medical rooms it takes an average of 10 years to begin using a newly designed creation in technology or medicine. SGEM created by Dr Ken Milne is a social media based organization that is promoting medical improvements released from Best Evidence in Emergency Medicine known as BEEM. Created and based out of McMaster University in Hamilton, Ontario, BEEM is a program striving to provide the best clinical evidence and promote the most useful and efficient medicine and medical technology to practitioners allowing patients in the Emergency Room to receive the best possible care.

SGEM has a facebook page called The Skeptic's Guide to Emergency Medicine where they post daily about different Emergency Medical findings in technology or medicine. They also use twitter where they are tweeting at @TheSGem. SGEM releases a podcast on itunes once a month that promotes new technologies in the emergency field.

SGEM's mission is to transform the current knowledge translation period in emergency medical clinics from an average of 10 years to one year. SGEM want to promote content released from BEEM and empower medical students and residents of our nation with the latest in evidence based medical information so they are aware of what is possible in the emergency medical field.



Dr Ken Milne
Chair of Rural Medicine

Parkinson's Study

Parkinson's disease research is currently taking place at the Gateway Clinic. Conducted and created by Dr. Hudson the study is currently on its second phase of patients and the research taking place uses well known medication in a novel way to treat Parkinson's disease symptoms.

Parkinson's disease is a degenerative Central Nervous System disorder commonly resulting in the loss of motor skills due to the loss of dopamine cells produced in part of the midbrain. The reason for the loss of the dopamine cells is unknown, however common symptoms that occur are often movement related issues including rigidity, slow movement, and shaking or tremors. Cognitive disorders including behavioural problems are also a common symptom of Parkinson's disease. This particular research is based on an evolving science that suggests that the brain is not a static part of the body but rather in constant change and retains the ability to heal itself, under very specific conditions. By using this medication in very minute doses, Dr Hudson hopes to re-set the signalling systems in the part of the brain that is being affected by Parkinson's disease.

If the research is successful, this research will be the first Parkinson's disease treatment that works by eliciting the brain's own ability to re-set the signalling cascade and, in essence heal itself.

Both Dr. Hudson and Gateway Rural Health Research Institute are very excited and optimistic about the potential success of the research and hope it is able to improve the lives of those currently suffering with the effects of Parkinson's disease.



Dr Craig Hudson
Chair of Rural Mental Health

SWEA Assembly 2012

Gateway RHRI had the honour of being selected as a presenter at this year's Southwest Economic Alliance (SWEA) Assembly. The major theme of the conference was developing intelligent communities; something for which Stratford has been internationally recognized. Gateway's presentation was on technology in rural healthcare, something that is paramount to improving care in rural settings. Dr Ken Milne spoke about the unique challenges and benefits of rural healthcare and how we can achieve quality care outside large urban centres.

Gateway's goal is to assist in creating "Healthy Intelligent Rural Communities".

Gateway Travels to Brussels, Belgium

Two years ago Gwen Devereaux, Dan Stringer, Dr Claudio Munoz and Greg Becotte a co-op student from Waterloo School of Pharmacy created a model for the detection and treatment of cognitive impairment diseases. Their idea was a five step model for pharmacists intervention in the detection and treatment of cognitive impairment diseases. This model was presented at the EUGMS conference in Brussels, Belgium.

In September, Dan attended the European Union Geriatric Medicine Society Congress. This was a very large event attracting approximately twelve hundred people from North and South America, Africa, Europe, Asia, and Australia, all with a common interest in the aging process. It is very common for a single pharmacist to stay located in one community or location for their entire career.

When dealing with many of the same patients for so long, a pharmacist may be able to screen and detect different types of mild cognitive impairment diseases while simply having a conversation with the patient while dispensing their medication. By following the five step model, the pharmacists may be able to recognize MCI and facilitate treatment faster. Dan truly enjoyed travelling to Brussels, Belgium where he had the opportunity to promote the five step model and spread the word globally about Gateway Rural Health Research Institute.



Dan Stringer
Board of Directors

Memorandum of Understanding

Gateway RHRI is pleased to announce the signing of a Memorandum of Understanding with Georgian College, Owen Sound Campus. Gateway's mission of advancing rural health care through innovation will be enhanced by this partnership and is the second MOU that Gateway has



Gwen Devereaux, Barb Carriere and Dr. Elizabeth Erwin, Dean of Georgian College

signed with a major academic institution in Ontario.

Gateway has already realized great benefits through its partnership with the University of Waterloo, School of Pharmacy and looks forward to teaming with Georgian College. These partnerships will give us access to academic leaders, undergraduate and graduate students as well as institutional resources. We are thrilled at the prospect of working with Georgian College to advance research and education in our community.

Rural Women's Health

Beverly D. Leipter, Belinda Leach, and Wilfreda E. Thurston

The well-being of rural communities affects the well-being of those who reside in towns and cities because of rural-urban connections through food, drinking water, infectious disease, extreme environmental events, recreation, and for many, retirement residence. In rural areas women play a critical role in the health of their families and communities, yet women's health is often marginalized or ignored.

Rural Women's Health integrates perspectives from rural practitioners, residents, and scholars in a variety of fields, including nursing, sociology, anthropology,



Dr Beverly D. Leipter,
Chair of Rural Nursing

Congratulations Dr Beverly Leipter and welcome to Gateway!