Message from the Chair

In this month’s newsletter you’ll see a lot of news from the department’s research program. The BedMed project, the largest group of practicing family physicians participating in a clinical trial in North America, is well underway. We’re very excited to have it going on, and eager for its results. The ARCH program’s Streetwise project is making a difference for those who need it most, and showing true jointly-led community-academic partnership at its best. You’ll also notice I’m sure the long list of publications by department faculty. Beyond these featured items, there is no shortage of other prominent research going on in the department. As I type this I’ve just come from a meeting where I have heard health policy leaders in Alberta quoting our research as influential in the health system province wide.

As you may know, the College of Family Physicians of Canada has undertaken a major initiative to promote the “research-ready practice” as a model nationwide. The College understands that a discipline must take leadership of its own knowledge base or be relegated to second-class status. I’m proud that our faculty are well ahead in this important direction, setting an example of family physicians as not just users but creators of knowledge.

- Dr. Lee Green

GRAND ROUNDS RECAP

Thank you to all who joined us for the September 21, 2017 Grand Rounds with speaker John Lester from Choosing Wisely. It was a very informative presentation, followed by a lot of good discussion and debate. Interest has been expressed in accessing some of the resources that were discussed, and the links to those resources are below.

Vitamin D testing in Alberta: [www.cmajopen.ca/content/5/1/E36.full](http://www.cmajopen.ca/content/5/1/E36.full)
Choosing Wisely Alberta resources: [www.albertadoctors.org/leaders-partners/choosing-wisely-alberta](http://www.albertadoctors.org/leaders-partners/choosing-wisely-alberta)
Choosing Wisely Canada recommendations: [www.choosingwiselycanada.org/recommendations/](http://www.choosingwiselycanada.org/recommendations/)

For more information about Choosing Wisely, visit the website at ChoosingWisely@albertadoctors.org or contact John Lester at john.lester@topalbertadoctors.org.
Farewell and Best Wishes to Tara Pidborochynski

A heartful thank you and best wishes goes out to Tara Pidborochynski, whose final day with Family Medicine’s MARD (Medically At-Risk Driver Centre) as Assistant Director was September 29, 2017. Tara worked for more than 7.5 years at the MARD Centre. She started in January of 2010 as a research assistant and was promoted to research coordinator in 2014. She was named MARD’s assistant director in December of 2016.

Hoan Linh Presentation in China

Hoan Linh Banh was an invited speaker for the 7th international clinical pharmacy conference at the Second Xiangya Hospital of Central South University in Changsha, Hunan, China. Hoan Linh presented to an audience of nearly 3000 people on September 9, 2017 about the role of clinical pharmacist in hospitals and how they contribute to patient care.

Welcome to New BedMed Team Members

BedMed continues to recruit patients, primary care providers and new staff! Featured to the right is Dr. Garrison with the newly expanded support staff team to help tackle the question of medication timing across Alberta, Manitoba and B.C.

A warm department welcome to Michael, Armine and Aanchal who joined the team in September!

Top Row: Jessica MacDonald, Administrative Assistant; Research Assistant Michael Kelmer, Dr. Scott Garrison, Research Assistant Jeff Cheng, Yvonne Marcoux and Clinical Study Coordinator Nicole Olivier

Bottom Row: Research assistants Armine Gayayan, Farah Visram and Aanchal Saran

For more information about BedMed, please contact Nicole Olivier: nolivier@ualberta.ca

Q & A with Nicole Olivier

Nicole Olivier, Clinical Study Trial Coordinator with the BedMed Pragmatic Trial Study, shared a bit about the study, the importance of pragmatic trials and working with the BedMed team.

What brought you to BedMed?
I started with a pilot study INRange RCT under EnAct’s umbrella. As Dr. Scott Garrison (Director of the Pragmatic Trials Collaborative) began applying for grants he negotiated to have me provide support to his projects alongside EnAct.
Q & A with Nicole Olivier cont’d

BedMed has had such a positive response. Did you have any idea it would grow so quickly?
I had no idea. I was part of the planning and grant application processes, so I understood the scope but never realized BedMed was so highly anticipated, how pivotal it seemed to be in the family medicine community, what this work represents and how visionary it is. As the ball got rolling and I began engaging with people and physicians outside of the department I really got a sense of what having this trial in family medicine means to the community.

It’s not something just nestled inside of family medicine. It doesn’t stay within the boundaries of the clinic, but extends to patients and the services patients engage with. In the broader community, interdisciplinary care providers like pharmacists and nurses have said “Hey, we want to work with you” and I realized this project crosses many boundaries and is meaningful to many different groups all caring for the same patient.

What is it like to work with the BedMed team?
It started as just me, but now it’s a really diverse team of people that I like to say all have a different set of superpowers. I have managed many teams before but this one is unique. Nobody on the team is a cookie-cutter of the other. Each person has different skills and perspectives they bring to the team and share with the team so everyone grows and learns from everyone else. As the project grows and changes, everyone is adapting and bringing those skills out for the benefit of the project which is really cool and collaborative.

When we encounter a challenge or problem, everyone on the team is invested and committed and it is all hands on deck strategizing and every skill gets put out on the table. If someone’s strength is one place or another we’re drawing on that person and then everyone else gets to grow and share in that. It’s very collaborative, with a huge focus on shared decision making. I really consider myself less coordinator than conductor: I facilitate, but everyone contributes.

What do you want people to know about BedMed and the work the team is doing?
We aren’t scary. This study isn’t like a typical clinical trial sponsored by pharmaceutical companies and outcomes are unknown: it’s a drug that’s known. We don’t tell people to take a new drug or something different. The study participants continue to take the medications they already take, and their care remains with their family physician. We’re only looking at what people are already doing: the time of day when people take medication, and if taking medication at that time of day has an impact. We’re only asking if there is a time that’s better.

When participants get the information package in the mail it just looks like a clinical trial: your standard set of ethical documents we’re required to provide. It would be nice to be able to educate people about what pragmatic trials means, because that is the information you don’t get to put into documents sent in the mail; the comparison of what this study does in that level of detail and why we feel it’s OK to present to the public, and why it’s that much more important. You can make a change as small as the time of day that you take the medication, but you still take that medication and it could improve your life.

What comes next?
We have a SPOR Canadian Institutes of Health Research (CIHR) grant to expand BedMed to Manitoba and British Columbia. As we roll out the project we’ll continue to expand to new clinics. Each care provider who joins the study continues to recruit colleagues so we’re still growing in Alberta too, which is nice. The response from British Columbia and Manitoba to this project is also really positive. The good energy around the project is the same as it has been here in Alberta.

Anything else you’d like to say about the team’s work?
Don’t overlook family medicine; it’s a great place to be, it really is. It brings everything together at the point of application of medicine and care of the patient. We know the family physician is the center of all patient services so there are so many things you get to see in projects because what the patient brings with them to the project is the whole health-care picture. It is great to see the progress that has been made over the last three years, and to know that the BedMed study may actually change the way pragmatic trials are run. Studies like this put family medicine on the map as a place to do science as well and that’s really cool.

Nicole is also a Registered Veterinary Technologist, and certified Project Manager. Originally from Thunder Bay, Ontario, she has been in Edmonton 22 years, at the University of Alberta for 18 of those, and describes the U of A as the best place, by far, she has worked. She sees the relevance in what is being done every day. Everything is so applicable; everything learned here can be used now.
Addictions Recovery and Community Health (ARCH) team is pleased to announce the Streetways poverty intervention resource. Funded in part by the Northern Alberta Academic Family Medicine Fund (NAAFP), this resource is the culmination of a community-engaged knowledge translation initiative responding to an identified unmet need for patient-centered navigation resources. Dr. Salvalaggio was a consultant to the community authors, all of whom are excited to now share their work with you.

Streetways is written by and for people with lived experience of poverty. Although the target audience is people living in severe poverty, health care professionals may also find value in familiarizing themselves with the content. Streetways can be downloaded at www.boylestreet.org/street-ways/. If your clinic or PCN would like print copies, please contact ginetta@ualberta.ca.

The Streetways Development Team

Photo, L-R:
Back row: Jerry Jackknife (author), Julie Mazurek (project liaison), Ginetta Salvalaggio (consultant), Helen Herbert (author), Millie Adrykowski (author), Colin Siu (project student).

Front row: Mark Kratko (author), Kari Dumont (author), Myle Chalifoux (project coordinator), Rob Gurney (author)

Missing: Les Umpherville (author), Woody Skani (author), John-Wayne Cardinal (author), Marliss Taylor (consultant), Esther Leung (consultant)
Research Publications


Publications cont’d


Publications cont’d

Green LA. (2017). It is time to change how we measure blood pressures in the office. *Annals of Family Medicine, 15*(2): 105-106. doi.org/10.1370/afm.2056


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**RESEARCH SERVICES OFFICE HAS A NEW WEBSITE!**

![New Website Announcement Image]

We’ve launched some new features you asked us for!

Search for Funding Opportunities with our New Database - Plus Much More

Research Services Office (RSO) recently launched a new website which comes with some much anticipated new features including a searchable funding opportunities database, reporting of key statistics, and a library of online training videos.
PROFESSIONAL DEVELOPMENT

Practical Evidence for Informed Practice 2017

**Date:** October 20-21, 2017  
**Location:** DoubleTree by Hilton West Edmonton, Edmonton, AB  
Visit the conference website for more information.

Fall Harvest 2017

**Date:** October 13—15, 2017  
**Location:** Varscona Hotel, Whyte Avenue, Edmonton, AB  
Registration for this annual rural faculty development conference is now open!

28th Annual Palliative Education & Research Day

**Date:** October 23, 2017  
**Location:** Fantasyland Hotel, West Edmonton Mall  
Visit the conference website for more information, or register at this link.

Bringing Best Evidence to Clinicians: Combining Evidence and Clinical Pharmacology to Improve Drug Therapy

[https://ubccpd.ca/course/BestEvidence17](https://ubccpd.ca/course/BestEvidence17)  
**Date:** Saturday, October 21  
**Location:** Surrey Memorial Hospital, Surrey BC  
Target audience: family physicians, specialists, community and hospital pharmacists, nurses/nurse practitioners, and allied health professionals. Up to 7.25 Mainpro+/MOC Section 1 credits (Application for CCCEP credits will be made.)  
Register: [https://www.eply.com/BestEvidence17](https://www.eply.com/BestEvidence17)

2017 Pediatric Update

**Date:** November 2—4, 2017  
**Location:** University of Alberta (Lister Centre and Edmonton Health Clinic Academy)  
Visit the conference website to register.

Save The Date

The dates for 2018’s Faculty Resident Extravaganza Education Retreat (FREzER) has been set! Mark your calendars for March 16 & 17, 2018.
About FAMILY MATTERS

Family Matters is the monthly Department of Family Medicine newsletter highlighting the work of department faculty, staff and researchers. If you have news or information for Family Matters, please send it to danica.erickson@ualberta.ca.

UPCOMING FACULTY OF MEDICINE & DENTISTRY EVENTS

How She Made It

Former Family Medicine resident Shawna Pandya was featured in Flare Magazine’s celebration of talented, ambitious women with cool jobs. Read about her journey to becoming a physician-astronaut In Flare.

Family Matters is Going Digital!

The September Family Matters will be the last we issue published in PDF format. Future newsletters will arrive in your inbox in electronic newsletter format! No extra clicks, just all the latest information from the Department of Family Medicine.

Visit our website at www.ualberta.ca/medicine/departments/family-medicine