



CAHR

Centre for
Applied Health
Research

2021 Annual Report



ST. JOSEPH'S CARE GROUP

Mandate

The Centre for Applied Health Research conducts high quality research, engages in knowledge translation, and supports St. Joseph's Care Group in the creation of new knowledge relevant to: Rehabilitative Care, Seniors' Health, and Addictions & Mental Health.

Objectives

- Create new knowledge relevant to the organization
- Adopt strategies to enhance knowledge translation activities
- Support the development of research capacity within the organization
- Contribute expertise to facilitate evaluation activities



“Research plays a vital role in advancing healthcare, from identifying unmet needs to exploring new ways to better serve our clients. The research conducted year-round by our Centre for Applied Health Research enables St. Joseph’s Care Group to be innovative in our approach, and always moving forward in the delivery of safe, high-quality care.”

- Kelli O'Brien, President & CEO
St. Joseph's Care Group

CAHR Membership

CAHR members comprise both St. Joseph's Care Group staff and external researchers whose interests align with those of the Care Group. Members are eligible for seed funding (when available) and have access to other forms of support such as project and statistical consultation. Visit the www.cahr.sjcg.net website for more information on becoming a CAHR member.

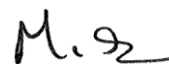
So much can happen in a year, and I could not have guessed that we still would be in the throes of the COVID-19 pandemic in early 2022. When our 2020 annual report was released, a year ago, I reflected on the challenges the pandemic created for our research community. Yet, I am pleased to relay that the past year has been remarkably productive for our CAHR members.

Research funding totalled over \$8.5 million, and knowledge translation included 46 peer-reviewed articles and 47 conference presentations. This strong level of research output, despite the continued realities of the pandemic, attests to the tremendous capacity for innovation and the tenacity of our members, stakeholders, and communities.

In the last two years we learned to embrace virtual platforms to build relationships and disseminate findings, employed new techniques to collect and share information, and shifted the trajectories of our research programs to accommodate the new needs of the healthcare sector. We should all be proud of these achievements.

My thanks to all, and best wishes for another successful year.

Sincerely,



Michel Bédard, PhD, FGSA

Message

from the

Scientific Director



Impact by the Numbers

The CAHR and its members made a big impression in 2021.

46 

Peer-reviewed Publications

47

Presentations at Conferences



\$ 8.58 Million
In External Research Funding

160+ 

Registrations for the CAHR
Virtual Showcase of Health
Research


23
Internal Projects

7 
Trainees


50
Total Members

1301
Client Satisfaction
Surveys 


13 Workshops &
Community
Presentations

SHOWCASE OF HEALTH RESEARCH

2021 marked the 16th anniversary of the Annual Showcase of Health Research. From February 8th–11th, over 160 healthcare professionals, students and researchers from a variety of organizations gathered to participate in several virtual presentations on topics such as research ethics and statistics, as well as presentations by emerging researchers and COVID-19 researchers.

Highlighting our Members

In 2021, the COVID-19 pandemic continued to limit regular research activities in many ways. Despite these unexpected barriers, the CAHR and its members responded with resilience by pivoting to support COVID-19 efforts:

- **Dr. Aislyn Mushquash, Dr. Ian Newhouse and Dr. Erin Pearson** each examined aspects of student wellbeing during the pandemic.
- **Dr. Debra Scharff** investigated several aspects of COVID-19 including reinfection rates, multimorbidity, morbidity, and risk factors.
- **Dr. Elizabeth Houlding-Braunberger** reviewed the barriers that exist around the use of remote monitoring technologies to support patients with COVID-19.
- **Dr. Rebecca Schiff and Dr. Debra Scharff** assessed the impacts of the pandemic on homelessness.
- **Dr. Christopher Mushquash** looked at the socio-economic impacts of COVID-19 on the health and well-being of Indigenous populations and was involved in mobilizing an integrated knowledge translation collaboration.
- **Dr. Dwight Mazmanian** examined the effects of the pandemic on shopping, gambling, gaming and loot box behaviour.



Erica Sawula, an Epidemiologist at the Thunder Bay District Health Unit, is a graduate of the CAHR's internship program*. We asked Erica to comment on the impact of her CAHR internship: *"My internship with the CAHR helped me to develop a strong foundation in research methods, as well as familiarity with all stages of the research cycle. This knowledge and experience has had great value in my career as a public health Epidemiologist. The most important benefits of being a member of the CAHR team, though, were the valuable relationships and partnerships made. To this day, the CAHR team members are dedicated to helping me achieve my academic and professional goals and have continuously been willing to collaborate or offer support. I am so grateful and happy to be a part of it!"*

*The CAHR internship is supported by the Northern Ontario Heritage Fund Corporation.



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