



ACHORD

Alliance for Canadian Health
Outcomes Research in Diabetes

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ACHORD 7th Annual Retreat March 18-19, 2010



ACHORD hosted its 7th Annual Retreat on March 18-19, 2010 at the Banff Center. This informal meeting provides an opportunity for ACHORD investigators, collaborators and students to share research updates and plan for continued growth of the ACHORD Research program. We were pleased that Alan Cassels, of the University of Victoria as well as a regular contributor for Media Doctor agreed to be our guest speaker for the retreat. We were also very happy that Anne Sales, CRC Chair in Knowledge Translation from the Faculty of Nursing at the University of Alberta was also able to join us and speak to us about Knowledge Translation. More information about these and other presentations can be found on the ACHORD website.

Thank you to Steve Johnson who was facilitator of the Retreat this year; great job Steve! Thanks also to Scot Simpson and Sherry Lydynuik who helped plan and organize the retreat; unfortunately Scot was not able to attend this year. Saskia Vanderloo created and handed out coveted ACHORD gold medals (also known as Ferrero Rocher chocolates) to those savvy participants who had answers for her Winter Olympic trivia questions.

New this year was a focused trainee portion of the retreat. Steve Johnson, Alan Cassels, Doreen Rabi and Anne Sales held a Knowledge Translation workshop for the ACHORD graduate students. We had a lot of positive feedback from the students re-

garding this workshop and are planning to continue this trainee section in future retreats.

Our physical activity this year had to be modified due to the warm weather, instead of skating on the river some people went for a run while others went on a walk around Banff.

We were fortunate to once again have Mr. Jim Olver, Director of Guest Services from the Banff Centre join us for dinner. Jim also brought along Jane Parkinson, Banff Centre Archivist. Jim and Jane had prepared a short presentation on the history that connects the Banff Centre to the University of Alberta. Jim's presentation was very interesting and once again enjoyed by all. As a token of our ongoing partnership, Jim presented Jeff Johnson with a clay sculpture done by a visiting artist that has the Banff Centre logo on it. The artwork proudly resides on the reception desk of the ACHORD Edmonton office.

Jeff Johnson ended up the two-day retreat with closing remarks and thanked everyone who attended, organized and participated in the Retreat. As is the case every year, this event is a success because of those of you that attend. Plans for the ACHORD Retreat 2011 at the Banff Centre are already underway; we are looking at March 10-11, 2011 as the dates for next year's retreat, so mark those dates in your calendar!



Report from the Chair

Spring time in Alberta often brings challenging weather, and lots of activity for the ACHORD Group! As you can see in this issue of the ACHORD Newsletter, 2010 is shaping up to be another busy but productive year for us.



Jeffrey A. Johnson

Our work on the Alberta's Caring for Diabetes (ABCD) Project continues to grow. This includes the implementation of the HEALD project as well as planning for a larger cohort and a team-based intervention for patients with diabetes and depression. Sandra Rees has been busy with establishing partnerships with the Primary Care Networks who will work with us to evaluate these quality improvement interventions. To help with these efforts, we welcome Lisa Wozniak who joins us as Project Coordinator with the ABCD. I am also pleased to welcome Lisa Tjosvold, our new ACHORD Research Librarian, who started with us in January. We also have two new research assistants working on the ABCD Project for a six month term, Fatima Al Sayah and Serena Humphries. Fatima and Serena are both PhD students, Fatima in the Faculty of Nursing and Serena in the School of Public Health. Welcome to all of you!

The 7th Annual Banff Retreat has come and gone, you can read more on that on the cover page of the newsletter. While the retreat has always been a great opportunity to share ideas about ongoing research project, I am really pleased that we had an additional trainee focus

this year, and really enjoyed discussions with our invited guests, Anne Sales and Alan Casels. Our work with the ADSS continues, we had our Steering Committee meeting at the Banff Retreat which was very productive, giving us some new ideas and topics to focus on in the coming years for the ADSS.

Our research on diabetes, glucose-lowering therapy and cancer has really been a focus of attention in the past few months. Samantha Bowker and I travelled to Cardiff, Wales in January to meet with colleagues on this topic, which resulted in a grant application submitted to the European Association for the Study of Diabetes (EASD). I have been invited to present at meetings of the EASD, American Cancer Society, Toronto Diabetes Association, and in the coming months will present at the Steno Diabetes Conference in Copenhagen and the American Diabetes Association in Orlando. I am also working with colleagues in Europe to plan a Diabetes and Cancer Research Consortium workshop in Copenhagen in June.

As we approach the summer months, we are preparing for final exams for ACHORD trainees, including Lauren Bresee's PhD and Saskia Vanderloo's MSc. In September, we will be introducing several new ACHORD trainees. In the meantime, I hope everyone has a great spring; looking forward to updating you on further ACHORD activities over the summer!

Congratulations Dr. William (Bill) Ghali!



William (Bill) Ghali

We are pleased to share the news that Dr. William Ghali, MD, MPH, FRCPC, has been named director of the Calgary Institute for Population and Public Health, effective July 1, 2010. For the official announcement, please see the U of C website:

http://www.medicine.ucalgary.ca/onthemove/bill_ghali

Bill is one of the primary investigators in the ACHORD Group and has been since our inception. Dr. Ghali is a Professor in the Departments of Medicine and Community Health Sciences at the University of Calgary. He holds a Govern-

ment of Canada Research Chair in Health Services Research, and is also funded as a Senior Health Scholar by Alberta Innovates—Health Solutions (formerly AHFMR). Clinically, he is trained as a General Internist while his methodological training in health services research and epidemiology (MPH) was obtained in the Health Research Unit at Boston University. He is involved in a number of research initiatives assessing health care delivery and access issues relating to cardiovascular disease, cerebrovascular disease, venous vascular disease, and diabetes.

Congratulations Bill and all the best in your challenging new position!

Meet the Staff: Lisa Tjosvold, MLIS

Lisa holds a Bachelor of Arts degree in Anthropology (1990) and a Master of Library and Information Studies degree (1994), both from the University of Alberta. Shortly after completing her MLIS, she worked in University of Alberta Libraries Administration. This multifaceted role ranged from strategic planning assistant to redesigning the layout of the Cameron library main floor.

In 1998, her interest in medical librarianship led her to a position with the Alberta Heritage Foundation for Medical Research (AHFMR), where she gained considerable expertise in comprehensive searching for the Health Technology Assessment unit.

The need to pursue travel and language inter-

ests led Lisa to Italy in 1999 where she had the opportunity to work as a librarian and web designer with the Cochrane Renal Group at the Clinical Research Centre for Rare Diseases, Aldo e Cele Daccò at Ranica, Bergamo.

From 2002-2009, Lisa worked at the University of Alberta as Research Librarian for the Alberta Research Centre for Health Evidence (ARCHE) and the Cochrane Child Health Field. Her primary role involved conducting searches for systematic reviews and compiling a register of published pediatric trials.

Lisa joined ACHORD as a Research Librarian in January 2010 and is delighted to be a part of the team.



Lisa Tjosvold

Meet the Staff: Lisa Wozniak, MA

Lisa is a medical anthropologist specializing in qualitative and evaluation methods with experience working in community, clinical, and academic settings. Before joining the ACHORD group in April 2010, Lisa was a Research Associate at Charis Management Consulting Inc., where she worked as part of a team conducting health research and evaluation at the local, provincial, and national level. As a former Knowledge Exchange Specialist in the School of Public Health at the University of Alberta, Lisa assisted in establishing the Knowledge Mobilization: About Addictions and Mental Health (Know Mo) project. From 2003 to 2007, Lisa

was a Research Associate in the Centre for Health Promotion Studies at the University of Alberta. She managed several multi-methods research projects examining health, social and economic barriers to service utilization among people who inject drugs in Edmonton's inner city. In addition, Lisa's thesis research examined the explanatory models of gestational diabetes among immigrant women and clinical staff at a local Diabetes Outpatient Clinic to improve communication and service provision. She is a member of the Health Research Transfer Network of Alberta.



Lisa Wozniak

Project Update: Healthy Eating and Active Living for Diabetes (HEALD) Project

Early this year we began the Healthy Eating and Active Living for Diabetes (HEALD) project, in partnership with the St. Albert and Sturgeon Primary Care Network. HEALD is an intervention trial that targets newly diagnosed diabetic patients in determining if an evidence-based lifestyle program targeting diet and physical activity can work efficiently within the current primary care structure and with community partners. A key element of the intervention is a structured walking program lead by a kinesiologist. The education portion of the program includes a 24-week program consisting of class time and activity (walking with a pedometer). At baseline and throughout the study period (three, six and

twelve months) various physical, physiologic, and behavioral measures will be assessed. We are now four months into the project. As is often the case with these studies, our participant numbers are lower than anticipated. We are excited, however, to begin planning HEALD interventions with other PCNs around the province; we are now working with Leduc, Beaumont Devon Primary Care Network to roll out the program there. With HEALD expanding its' reach, hopes are high that participant numbers and data will begin to amass, and we can generate evidence as to how to best implement structured lifestyle modifications program within the primary care setting.



ACHORD Chair

Dr. Jeffrey Johnson

University of Alberta

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Mr. Greg Hugel
Ms. Serena Humphries
Mr. Jongnam Hwang
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Mr. Robin Lau
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ACHORD Seen and Heard

Recent Publications

Gamble JM, Simpson SH, Eurich DT, Majumdar SR, Johnson JA. Insulin Use and Increased Risk of Mortality in Type 2 Diabetes Mellitus. *Diabetes, Obesity and Metabolism* 2010;12:47-53.

Plotnikoff RC, Courneya K, Sigal RJ, Johnson JA, Birkett N, Lau D, Raine K, Johnson ST, Karunamuni N. Alberta Diabetes and Physical Activity Trial (ADAPT): A randomized theory-based efficacy trial for adults with type 2 diabetes – rationale, design, recruitment, evaluation and dissemination. *Trials* 2010;11(1):4.

Bresee L, Majumdar SR, Patten S, Johnson JA. Prevalence of cardiovascular risk factors and disease in people with schizophrenia: A population-based study *Schizophrenia Research* 2010;117:75-82.

Eurich DT, Majumdar SR, McAlister FA, Tsuyuki RT, Yasui Y, Johnson JA. Analyzing Composite Outcomes in Cardiovascular Studies: Traditional Cox Proportional Hazards Versus Quality of Life Adjusted Survival Approaches. *Open Medicine* 2010;1:e40.

Santana MJ, Feeny D, Johnson JA, McAlister FA, Kim D, Weinkauf J, Lien DC. Assessing the use of health-related quality of life measures in the routine clinical care of lung-transplant patients. *Qual Life Res* 2010;19:371-379. DOI 10.1007/s11136-010-9599-3.

Johnson JA, Gale EA. Diabetes, insulin use and cancer risk: are observational studies part of the solution – or part of the problem? [Invited Commentary]. *Diabetes* 2010;59(5):1129-31.

Rabi DM, Edwards AL, Svenson LW, Graham MM, Knudtson ML, Ghali WA. Association of median household income with burden of coronary artery disease among individuals with diabetes. *Circulation Cardiovascular quality and outcomes*. 2010 ;3(1):48-53.

Eurich DT, Gamble JM, Marrie TJ, Majumdar SR. Dysglycaemia and 90 day and 1 year risks of death or readmission in patients hospitalized for community-acquired pneumonia. *Diabetologia*. 2010;53(3):497-503.

Eurich DT, Sadowski CA, Simpson SH, Marrie TJ, Majumdar SR. Recurrent community-acquired pneumonia in patients starting acid-suppressing drugs. *Am J Med*. 2010;123(1):47-53.

Recent Presentations

Johnson JA. *Diabetes Surveillance in Canada: Classification of Diabetes Type 1 & 2*. Center for Disease Control Diabetes Translation Conference, Kansas City, Missouri, April 13, 2010.

Johnson JA. *Diabetes Surveillance in Canada: Informing Policy and Research*. Center for Disease Control Diabetes Translation Conference, Kansas City, Missouri, April 14, 2010.

Diabetes Therapies and Cancer Risk. American Diabetes Association/American Cancer Society Joint Consensus Conference on Diabetes and Cancer. American Cancer Society, Atlanta, Georgia, December 14, 2009.

Why this Newsletter?

The purpose of the ACHORD Newsletter is to keep you updated on the activities of the ACHORD group and to provide reviews of recent, relevant diabetes literature. The newsletter is published three times a year.

If you have any questions about the newsletter, please call Jeffrey Johnson or any of the ACHORD staff at the University of Alberta at (780) 248-1010.

ACHORD Events

8th Annual ACHORD Retreat

March 8 - 9, 2011

The Banff Centre

Banff, Alberta, Canada