

NLCAHR Fellowship Competitions Underway

NLCAHR is now accepting applications for the 2008 Fellowships Competitions.

Applications for the following fellowships are due by April 4 2008:

- ... Master's Fellowships of \$18,000 per year for up to two years
- ... Doctoral Fellowships of \$20,000 per year for up to three years
- ... Postdoctoral Fellowships of \$38,000 per year for up to two years, plus expenses

Preference will be given to applicants whose research relates to our current priority themes.

NLCAHR fellowships are open to eligible students from any discipline. Past recipients have come from a wide range of academic backgrounds and programs including community health, health policy studies, nursing, psychology, folklore, sociology, and human kinetics and recreation.

For more information on these or other funding programs, see the [NLCAHR website](#).

Staff Changes at NLCAHR

NLCAHR welcomes Ms. Theresa Mackenzie back to the Centre as Manager of Communications and Partnerships.

We also welcome Ms. Shaina Goudie to NLCAHR as Coordinator of the grants and awards programs.

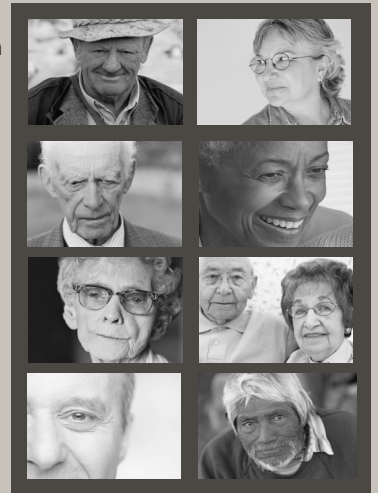
New Directions in Aging Research: A Research Symposium

The Newfoundland & Labrador Centre for Applied Health Research invites you to join us for a day of presentations and discussion on emerging issues in aging research and how those issues will affect health services and policy in the province.

The event, which will be held on Monday, March 31 2008 in St. John's, will bring research leaders from across Canada together with local experts from Memorial University and the provincial government to discuss topics such as: "New Directions in Aging Research"; "Challenges of an Aging Population"; "Healthy Aging in Healthy Places" and "Aging and Mental Health". The symposium will also review ongoing research projects in Newfoundland and Labrador.

Featured speakers include:

- ... Dr. Anne Martin-Matthews, Scientific Director, Institute of Aging, Canadian Institutes of Health Research
- ... Dr. Ken Rockwood, Kathryn Allen Weldon Chair in Alzheimer Research, Dalhousie University
- ... Dr. Parminder Raina, Co-Director, R. Samuel McLaughlin Centre for Research and Education in Aging and Health, McMaster University
- ... Dr. Wendy Young, Canada Research Chair in Healthy Aging, Memorial University
- ... Dr. Byron Spencer, Professor of Economics, McMaster University
- ... Dr. David Streiner, Assistant Vice-President for Research & Director, Kunin-Lunenfeld Applied Research Unit, Baycrest



Seats are limited for this free event. To register, please go to the [NLCAHR website](#), or contact us by March 14 2008: nlcahr@mun.ca or 709.777.6993.

Student Essay Competition: Health Services and Health Policy

The Justice Emmett Hall Memorial Foundation invites students to submit essays to the Student Essay Competition. Essays should be up to 3000 words long (excluding references and appendices) and address any topic in health services or health policy. The Foundation will award three prizes annually for the best submissions: best doctoral submission, \$1500; best masters submission, \$1250; best undergraduate submission, \$1000.

Winning essays will be posted on the Hall Foundation website and displayed at a poster session organized by the Hall Foundation at the Annual Canadian Association for Health Services and Policy Research Conference. Deadline: March 31 2008.

Details: Julie Polisen at juliep@cadth.ca

**Newfoundland and Labrador
 Centre for Applied Health
 Research**

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**Inventory of Applied
 Health Researchers**

NLCAHR has developed a tool to help connect researchers with stakeholders and decision-makers, facilitate research collaborations and enhance our ability to evaluate and to plan health research within this province.

The Applied Health Research Inventory is an electronic database of health research expertise, with information about health researchers and trainees working in Newfoundland & Labrador.

The first phase of the inventory is the recruitment of health research producers; researchers can now enter this information through a simple on-line survey that can be found on the NLCAHR website. Later this year, the inventory will solicit data from other research stakeholders.

The inventory will be put online and publicly searchable by September 2008. It will enable people to share expertise and will facilitate collaborations among people with shared research interests.

The inventory will also assist in the identification of peer reviewers and will help in the assessment of the province's research strengths and gaps.

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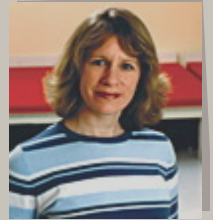
Subscriptions: nlcahr@mun.ca

www.nlcahr.mun.ca

Research Highlights

New Clinical Scientist with Eastern Health

Dr. Michelle Ploughman, NLCAHR Project Grant recipient in 2006, has been appointed to the new position of Clinical Scientist with the Eastern Health Authority. Her work with Eastern Health focuses on rehabilitation, chronic disease and aging. The position was created to foster clinical research, innovation and evidence-based practice within the authority and is funded jointly by Research and Strategic Planning and the Rehabilitation Program.



Dr. Ploughman worked as a physiotherapist on brain and spinal cord injury and neurodegenerative disease before returning to university to investigate ways to improve patient outcomes after a stroke. Her doctoral work with Dr. Dale Corbett focused on examining the effects of endurance exercise on brain neurochemicals that promote re-wiring after stroke. Dr. Ploughman is now a post-doctoral fellow in Clinical Epidemiology at MUN under the guidance of Dr. Marshall Godwin. Her current focus is on investigating the health and lifestyle factors that may influence healthy aging in patients with Multiple Sclerosis. It is hoped this interdisciplinary project will lead to more effective preventative primary health care programs for people with MS. Dr. Ploughman may be reached at her office at the Miller Centre, 709.777.6461.

Addressing Rural Physician Shortages

Statistics from 2004 show that while more than 21% of the Canadian population resides in rural areas, only 9.4% of physicians were based in these areas. Dr. James Rourke, Dean of the Faculty of Medicine at Memorial, recently published an article in the Journal of the Canadian Medical Association that describes the interplay of positive and negative factors that affect the number of medical graduates interested in rural practice. The commentary outlines some of the strategies that have been used to help increase rural physician supply and analyses studies that address their effectiveness.



Dr. Rourke concludes that the rural physician shortage must be addressed using a multi-pronged approach which includes: increasing the number of medical students from rural backgrounds; integration of a rural focus and involvement of rural physicians in student and post-graduate training; improvements in working conditions including establishing multi-disciplinary group practices with appropriate facilities and referral networks; use of financial incentives and appropriate compensation for night and weekend work; use of return-of-service programs; and involvement of communities in integrating physicians and their families. *Details: www.cmaj.ca/cgi/content/full/178/3/322*

Notebook

**Scholar-in-Residence
 Program Now Accepting
 Applications...**

NLCAHR is accepting applications for the 2008-2009 Scholar-in-Residence program. The program provides funding for a researcher to spend one or two terms at Memorial University, providing input into local research activities and helping to build linkages of local researchers with external researchers and research organizations. Faculty Members at Memorial are encouraged to promote this opportunity among their Canadian and international colleagues.

Deadlines: May 1 and September 15 2008. See the [NLCAHR website](http://www.nlcahr.ca) for details.

Recommended Reading...

RX for Change Interventions Database.
 CADTH, 2007

A publicly accessible database that provides easy access to current research evidence about the effectiveness of strategies and programs to improve drug prescribing and use.

Details: <http://cadth.ca/index.php/en/compus/optimal-ther-resources/interventions>

National Health Expenditure Trends, 1975-2007. CIHI, 2007

A comprehensive source of information that tracks how dollars are spent on health care in Canada.

Details: www.cihi.ca

**Grants, Fellowships and
 Conference Opportunities**

For up-to-date information on health research-related conferences and funding opportunities, see the NLCAHR website:

www.nlcahr.mun.ca

Post your notices here...

Send your health research-related notices for inclusion in our quarterly newsletter.

Our next newsletter: May 2008.

Submissions by April 15th to

nlcahr@mun.ca