

LETTER from the Dean and Vice-President

"I anticipate great successes as we continue to move forward in important new directions," says

John Kelton, dean and vice-president of the Faculty of Health Sciences, pictured below.



"Together, advancing health through learning and discovery"



Each season brings a new quality to McMaster's campus. Fall brings the renewal of a new academic season; winter is filled with joyous, celebratory occasions; in spring, we celebrate the unfolding futures of our graduating classes and in summer, when the hustle and bustle slightly stills, we have an opportunity to reflect on another wonderful year in McMaster's Faculty of Health Sciences.

The 2013-14 year is certainly one to celebrate. I am honoured to be Dean and Vice-President of one of Canada's leading institutions for health care and innovation and am filled with great pride when I hear of the tremendous achievements made by our student body, and members of our faculty and staff. I share these accomplishments often with our external friends and partners.

In this newsletter we highlight some recent successes achieved by one of our outstanding schools: the School of Nursing.

I am particularly pleased to announce the recent appointment of Dr. Carolyn Byrne, as the School's new associate dean and director.

Dr. Byrne began her academic career in the School of Nursing at McMaster in 1981. During her time here she taught in the undergraduate and graduate-nursing programs,

chaired the Undergraduate Nursing Program, received the President's Award for Educational Leadership, and was a nurse consultant in the Mental Health Nursing Hamilton Wentworth Public Health Unit.

In 2002, she moved to what was then the new University of Ontario Institute of Technology [UOIT] as its founding dean of health science. At UOIT she established undergraduate programs in nursing, medical laboratory sciences, health sciences, kinesiology and a graduate program in health sciences. She is professor emeritus at UOIT.

In 2010, she became the dean and CEO of the University of Calgary's nursing branch campuses in Doha, Qatar, where she established key linkages with health care partners and government. She increased enrollment to 300 students from 60 students in two years, and boosted research productivity to more than \$2 million over the same period.

Dr. Byrne's clinical background is in community mental health with adults and children. She received her master's degree in health sciences from McMaster and her PhD from the Department of Family Studies and Applied Nutrition at the University of Guelph.

She has been active in community-based research through the System

Linked Research Unit and the Community-Linked Evaluation HIV/AIDS Resource Unit at McMaster, as well as the Health Education Technology Research Unit at UOIT.

Dr. Byrne succeeds Catherine Tompkins, who was associate dean and director of the School of Nursing for the past decade. Under her leadership, the School of Nursing celebrated a period of great creativity and academic and research achievement. I would like to express my thanks to Dr. Tompkins for her exceptional service to the School and the broader community.

My gratitude and commendations also go to the faculty, staff and students of the School of Nursing. Together, these groups are continually furthering the School's reputation for excellence in nursing education, practice and research. I anticipate great successes as we continue to move forward in important new directions under the guidance of Dr. Byrne.

All of our schools, departments and research institutes have had reasons to celebrate this past year, and we have highlighted a few of these in this newsletter. To read all of the latest news from the Faculty of Health Sciences:

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FACULTY FOCUS

A conversation with **Carolyn Byrne**, new dean and director of McMaster's School of Nursing



McMaster's School of Nursing welcomes a familiar face to the role of associate dean and director. Here, she talks about her new role, her vision, as well as her breadth of knowledge about the nursing climate in Canada.

■ **Dr. Byrne, as a McMaster alumna and former associate professor of the School of Nursing, you already have a strong linkage to the University. What drew you back?**

■ I have said to numerous people since I have returned to McMaster that it feels like I am coming home. McMaster's School of Nursing was the place I started my academic career. I learned so much during my time here, and while my other positions at other universities were wonderful learning experiences, I have always viewed McMaster as a special place.

■ **You have a strong affinity to community. How do you plan to integrate this into your new role?**

■ While many think of nursing as a hospital-based profession, it is far more than that. Nurses work in communities across this country, they know that health and wellness is far more than receiving good medical care. For disenfranchised populations, achieving health is difficult due to inequities in housing, food security, education, finances and even human rights. Nurses know that improving health outcomes means focusing on improving inequities and considering new and innovative ways of providing comprehensive care.

President Patrick Deane's focus on the McMaster community being an active partner with the community supports many initiatives within the School of Nursing. The School of Nursing will continue through its research, education and practice to explore

innovative ways of including disenfranchised groups in the provision of their care.

■ **What do you see as the biggest obstacles facing the School of Nursing and the Faculty of Health Sciences at McMaster in the next few years?**

■ Across every University in this country, finances continue to be a major concern; likewise for the School of Nursing. I will lead the faculty and staff within the School of Nursing to rethink the ways in which we operate to maximize how we work to be efficient yet effective in the way we serve our students, clients and our communities. There are many areas that we need to consider.

For example: how efficiently we deliver our programs; revenue generating opportunities; partnerships internal and external to the university; and, fundraising initiatives.

■ **What is McMaster's role in the rapidly changing nursing industry?**

■ The pulse varies depending on where you take it! Across Canada we have different issues facing nurses in each of the provinces. Certainly across the globe there are different issues and most are around standards of care and the practice of nursing.

McMaster's School of Nursing has played, and will continue to play, a part as a leader in education and research across Canada and internationally. Through these initiatives we will focus on the provision of high quality, culturally-sensitive nursing care at home and abroad.

■ **What do you predict will be the most profound difference in McMaster's School of Nursing in five to 10 years?**

Over the next five years I see an expansion in our graduate programs, the introduction of a professional development program for practicing nurses, and an offering of undergraduate courses online.

Currently in this province there are at least three schools of nursing that have received major endowments from donors that have recognized the importance of nursing. The question I ask myself is: what about McMaster's School of Nursing? We have internationally-recognized educational programs, outstanding nurse researchers and an ability to work well in partnerships. This is an area I will be focusing on. I predict within the next five to 10 years, the School of Nursing will have received several major funding donations.

■ **What do you hope to bring to your new role? What do you hope will be your legacy?**

■ I value respect, integrity, inclusion, fairness, openness and honesty. I try to practice these values in my work with others and in turn I expect them back. I also believe that we must strive for excellence in all we do and that we are accountable for what we do. It is my hope that I will bring these values, my energy and my commitment to McMaster's School of Nursing to lead us over at least the next five years. I hope that my legacy will be a strong and united School of Nursing that is world renowned for excellence.

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RESEARCH

Kryptonite for superbugs



Gerry Wright

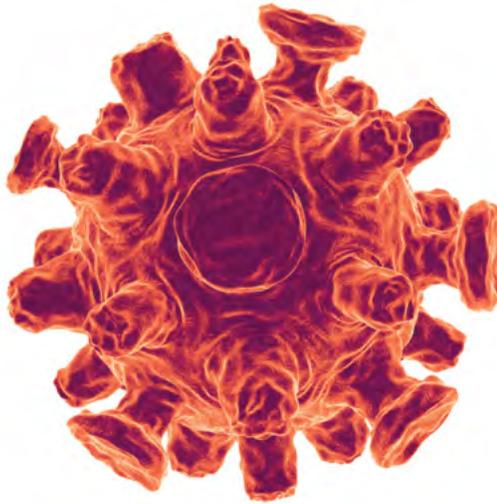
Research led by Gerry Wright, director of McMaster's Michael G. DeGroot Institute for Infectious Disease Research, offers new hope in the pressing battle against drug-

resistant germs that kill tens of thousands of people every year, including one considered a serious global threat.

Wright, and his team of researchers, discovered a fungus-derived molecule, known as AMA, which is able to disarm one of the most dangerous antibiotic-resistance genes: NDM-1 or New Delhi Metallo-beta-Lactamase-1, identified by the World Health Organization as a global public health threat.

"This is public enemy number one," said Wright. "It came out of nowhere, it has spread everywhere and has basically killed our last resource of antibiotics, the last pill on the shelf, used to treat serious infections."

The findings are published online in the journal *Nature*. It was funded in part by the Canadian Institutes of Health Research, the Natural Sciences and Engineering Research Council and by Canada Research Chairs in Infectious Disease Pathogenesis and Antibiotic Biochemistry.



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CHILDHOOD OBESITY AND DIABETES linked to prenatal antidepressant use

Women who take antidepressants during pregnancy may be unknowingly predisposing their infants to type 2 diabetes and obesity later in life, according to new research from McMaster.

The study finds a correlation between the use of the medication fluoxetine during pregnancy and an increased risk of obesity and diabetes in children.

Currently, up to 20 per cent of woman in the United States and approximately seven per cent of Canadian women are prescribed an antidepressant during pregnancy.

"Obesity and Type 2 diabetes in children is on the rise and there is the argument that it is related to lifestyle and availability of high calorie foods and reduced physical activity, but our study has found that maternal antidepressant use may also be a contributing factor to the obesity and diabetes epidemic," said the study's senior investigator Alison Holloway, associate professor of obstetrics and gynecology at McMaster University.

Previous studies have found that pregnant women are particularly vulnerable to depression. It is estimated that up to one in five pregnant women have symptoms of depression during pregnancy.

RESEARCHERS DISCOVER promising new asthma treatment

A novel treatment for those suffering from allergic asthma has the potential to dramatically improve their lives, according to new research from McMaster University.

Led by Paul O'Byrne, executive director of the Firestone Institute of Respiratory Health and chair of McMaster's Department of Medicine, and Gail Gauvreau, associate professor of medicine, the study found that giving a mild allergic asthma patient an antibody, which blocks a specific protein in the lungs, significantly improved symptoms such as wheezing, breathlessness, chest tightness and cough after patients had inhaled an environmental allergen.

"We found that when we give people with mild asthma an antibody which blocks the action of a protein called thymic stromal lymphopoietin (TSLP), which is produced by the cells lining the airways in the lungs, the persistent low grade inflammation of the lungs almost entirely disappears," says O'Byrne.

O'Byrne hopes the research will lead to treatments for patients with severe asthma, particularly those who are already taking all of the treatments available, such as inhaled corticosteroids or bronchodilators, but are still poorly controlled. "This offers tremendous hope for those with allergic asthma not controlled with inhalers or steroid-based medicines, especially those with severe refractory asthma who get very sick and need urgent treatment in a hospital setting."

APPOINTMENTS



Mark Crowther

Mark Crowther has been appointed chair, Department of Pathology and Molecular Medicine, effective October 1, 2014.

Crowther joined McMaster in 1999 and is currently a professor in the Departments of Pathology and Molecular Medicine, Medicine

and Clinical Epidemiology and Biostatistics. He is currently the Vice-President of Research at St. Joseph's Healthcare System and Chief of the Hamilton Regional Laboratory Medicine Program.

His research interests include exploring methods of improving the way that we currently use anticoagulant drugs. His clinical activities focus on the care of patients

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INNOVATION

THE BORIS CLINIC: One-stop shop for health care



■ Donor Jackie Work, pictured at the podium, spoke about the inspiration behind her family's gift. After the formal announcement, guests were invited on tours of the new facilities. Pictured above, from left, is Dr. Khalid Azzam demonstrating the Harvey patient simulator to Nick and Conrad Boris.

The first phase of The Boris Clinic, a new outpatient clinic that will provide innovative care for adults by placing several medical specialties under one roof within a clinical teaching unit, has been opened by McMaster's Faculty of Health Sciences and Hamilton Health Sciences.

Located in the McMaster University Medical Centre, the clinic is named for the Boris family, who provided funding as part of their \$30 million gift to McMaster in 2012.

"The Boris Clinic will bring all medical specialists under one roof, to create an

environment that encourages interaction. Visits and tests can be done in a coordinated and timely fashion, for best patient care," said Akbar Panju, the inaugural Medical Director for the clinic, who will also hold the Boris Family Chair in Education and Internal Medicine.

FUNDING weaves volunteerism into better primary health

A pilot project at McMaster University is aiming to foster a sense of community while also improving health.

Trained community volunteers — supported by electronic health record technology — will work with the primary health team to improve the quality of life of older adults and at-risk

individuals living on their own.

Dubbed TAPESTRY (Teams Advancing Patient Experience: Strengthening Quality), the project sends community volunteers into the homes of seniors to pinpoint whether they need additional help, connect them to services such as Meals on Wheels or, if

there's an emerging health problem, connects with their family doctor.

The project, which recently received \$6.5 million from Health Canada, is led by professor Lisa Dolovich and associate professor Doug Oliver of the Department of Family Medicine.

APPOINTMENTS

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with thromboembolic disorders, the management of complications of treatments for thromboembolic disorders and other hematologic conditions.

He has presented more than 400 invited talks, has published in more than 360 peer-reviewed publications, has spoken nationally and internationally and is the author of more than 60 textbook chapters and other invited reviews. He is the senior editor of *Evidence Based Hematology* and holds both a Research Chair, Endowed by LEO Pharma, and a Career Investigator Award from the Heart and Stroke Foundation of Ontario.

Crowther succeeds Fiona Smaill, who has been Department Chair since 2004.



Holger Schünemann

Holger Schünemann

has been reappointed chair, Department of Clinical Epidemiology and Biostatistics, for the period July 1, 2014

to June 30, 2019. Dr. Schünemann is a full professor with a joint appointment in the Department of Medicine. He also holds the Michael Gent Chair in Healthcare Research.

His research interests focus on guideline development, systematic reviews and health-related quality of life.



Norm Buckley

Norm Buckley

has been reappointed chair of the Department of Anesthesia, for the period July 1, 2014 to June 30, 2017, a role he has held since 2004. His particular interests are pain, both acute and chronic. He is the

inaugural director of the Michael G. DeGroot National Pain Centre at McMaster, and has recently been appointed acting scientific director for the Michael G. DeGroot Institute for Pain Research and Care. His clinical practice is divided between chronic pain management and anesthesia at McMaster, with an interest in pediatric practice.

FACULTY FEATURE

Life experiences inspire passion for nursing



Maureen Markle-Reid Jenny Ploeg

The roots of Maureen Markle-Reid's and Jenny Ploeg's passion to discover new ways to help seniors with chronic, multiple health problems – and their family caregivers – run deep with early life experiences significantly influencing the co-scientific directors of the School of Nursing's new Aging, Community and Health Research Unit (ACHRU).

"As a child growing up, I watched my grandparents grow old gracefully and enjoy being independent at home into their late eighties and early nineties," said Markle-Reid. "My grandfather, a lawyer, worked well into his early nineties. They were strongly committed to the importance of an excellent education and provided an example of what it means to age successfully at home."

Ploeg draws similar inspiration from her grandparents. "My mother's parents lived through the Second World War in the Netherlands and helped people who were at great risk for their lives," she said. "They courageously started a new life in Canada in their fifties with their family, and always demonstrated joy and faith in their lives. I loved spending time with them, hearing their stories and learning life lessons from them."

Supported by \$5.8 million in combined funding from the federal and provincial governments, they lead a ground-breaking research program which is designing and evaluating new and innovative community-based health care interventions to improve access to healthcare, quality of life and health outcomes while reducing costs.

In an acute care health system where patients' views are often disregarded or silenced, their research is unique. Listening to the voices of patients, their families and health care professionals, Markle-Reid and Ploeg believe a new understanding will emerge alongside innovative ways of providing high quality health care at home in the community.

Ploeg and Markle-Reid say they have been

Maureen Markle-Reid and Jenny Ploeg are leading a ground-breaking research program which is designing and evaluating new and innovative community-based health care interventions to improve access to healthcare, quality of life and health outcomes while reducing costs.

blessed with wonderful mentors, teachers, leaders and colleagues. This has led to their passion for mentoring young researchers and a commitment to develop the next generation of nursing scholars interested in designing, evaluating and translating community-based interventions for older adults.

SCHOOL OF NURSING receives maximum accreditation

McMaster's School of Nursing, along with its college collaborators, Mohawk and Conestoga, recently received a seven-year accreditation from the Canadian Association of Schools of Nursing for its undergraduate BScN program; the highest accreditation level attainable.

The BScN program includes three streams: a four-year direct entry, an accelerated stream and an RPN-BScN stream. "The McMaster BScN program is delivered in a collaborative program with two college partners, Mohawk College and Conestoga College," says Olive Wahoush, assistant dean of the School of Nursing's Undergraduate Nursing Education Program. "All sites and all streams were awarded the seven-year accreditation, which is the maximum time period possible. Earning this



seven-year accreditation affirms the high quality of our BScN program and the Kaleidoscope curriculum."

She says the accreditation process included interviews with BScN students, faculty and staff as well as leaders in the Faculty of Health Sciences and McMaster administration. "The accreditation team completed an intensive review of our renewed curriculum and course materials, visited classes in action on and off campus and met with leaders in our area hospitals and communities which host our students and employ many of our nurse graduates. We heard from the accreditation team that our students are our best ambassadors."

"Receiving accreditation is a significant step for the School of Nursing," says Carolyn Byrne, its associate dean and director, adding, "it attests to the hard work, innovation and excellent relationship that we have with our college partners. What makes our school particularly unique is while many schools of nursing across Ontario offer collaborative programs with colleges, ours is a truly integrated program where students experience and learn at all three schools at the same time."

ONLINE RESOURCE boosts faculty development



A one-stop online career development resource to help McMaster's health sciences faculty members progress seamlessly through their career has been launched by the Faculty of Health Sciences.

Coined "Continuing Academic and Scholarly Career Development (CASCaDe)," the resource is a coordinated effort among some of McMaster's most vital professional development services.

The site serves as an entry point to the network of various programs and professional development opportunities that have been organized to help faculty guide and navigate their careers. It also includes a variety of information about research services and the resources available to faculty members including funding, applications and policies, research skills, ethics and CV's, and links to the research resources available on campus. There is also information on enhancing leadership skills, interprofessionalism, clinical excellence and scholarship.

To access the CASCaDe site, visit <https://fhscascade.mcmaster.ca/>

NEWS HEADLINERS

CanChild: A pioneer in childhood disability



Pictured in back, left to right: Sheryl and Kevin Kingsley (parents of Keegan and Kristina), Stephen Collins, associate dean, Research, FHS, Peter Rosenbaum, co-founder, CanChild, Lennox Huang, chair, Department of Pediatrics, Patrick Deane, McMaster president, John Kelton, dean & vice-president, FHS, Jan Willem Gorter, executive director, CanChild, Peter Fitzgerald, president, McMaster Children's Hospital. Pictured in front, left to right: Keegan Kingsley, Kristina Kingsley, Mary Law, co-founder, CanChild, Patricia Solomon, associate dean and director, School of Rehabilitation Science, and Kyle Chambers.

CanChild, a pioneer and global leader in childhood disability research, recently celebrated its 25th anniversary with an event for the families, researchers and campus leaders who have helped make the program a success. The centre also re-launched a user-friendly website, premiered a

special anniversary video, and transitioned some of their resources to a pay-for-service model.

The anniversary activities will continue into the fall when the centre holds a symposium, "Broadening Horizons Through Knowledge", on Saturday, Nov. 22 at CIBC Hall. The event will

welcome scientists, families and community members to engage in discussions about child health issues that are important to children and youth with a variety of chronic conditions.

For more information visit canchild.ca.

SURGEONS SHARE VISION for global health

McMaster recently hosted the 14th annual Bethune Round Table Conference, the premier global surgery conference in Canada.

The 2014 conference, themed "Improving Global Outcomes Through Safer Surgery", included five keynote speakers, 27 podium presentations and 21 poster presentations, and involved 150 participants from 17 countries.

McMaster alumnus James Orbinski, OC, Research Chair in Global Health at the Balsillie School of International Affairs, delivered the inaugural keynote lecture on "Equity and Global Health".

As well, 15 scholars from low-to middle-income African countries and one from the Ukraine received travel scholarships from McMaster's Faculty of Health Sciences, Departments of Surgery, Anesthesia and Obstetrics and Gynecology, the Canadian Network for International surgery, and St. Joseph's Health System International Outreach Program.

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'THINKING AHEAD' on optimal aging

McMaster's efforts to become a trusted voice on optimal aging for citizens, clinicians, public health professionals and policymakers were highlighted during a recent event featuring two public panel discussions each with a roster of well-known speakers.

Held at the McMaster Innovation Park, the panel discussions were part of an initiative called Thinking Ahead: How We Can Better Support Optimal Aging in Canada Using the Best Available Research Evidence. It focused on how to communicate with, engage and support Canada's aging population and included a two-day symposium for invited participants who can advance the field of aging.

The event included the unveiling of the prototype of the McMaster Optimal Aging Portal. Attendees included donor and current Chancellor Suzanne Labarge, Dean and Vice-President (FHS) John Kelton, and Associate Vice-President (Academic) Susan Denburg, as well as the Minister of State (Seniors) Alice Wong, members of the portal team and other guests. A public launch of the portal is planned for October 1. That date is also designated National Seniors Day in Canada and International Day of Older Persons by the World Health Organization.



Organized by the McMaster Health Forum, Thinking Ahead was funded by the Labarge Charitable Foundation in conjunction with the University's Labarge Optimal Aging Initiative.

For more information about the event visit <http://mcmasterhealthforum.org/citizens/thinking-ahead>.

■ Pictured at the event in the above photo, from left are, Faculty Dean and Vice-President John Kelton, Associate Vice-President, Academic Susan Denburg, Minister of State (Seniors) Alice Wong, Suzanne Labarge and Associate Professor Anthony Levinson.