Growing Miracles

Pediatrics charts milestones in child health

Gold standard: Sport physiotherapist celebrates Olympic win

Interdisciplinary collaboration focus of new graduate programs
John G. Kelton, MD

For more than 40 years, the Faculty of Health Sciences has been recognized as one of Canada’s leading academic centres for pediatric health care. Together with our hospital and community partners, particularly the McMaster Children’s Hospital, we have developed a reputation as a home of excellence for research, teaching and patient care within this important medical field.

Our education programs that cultivate promising minds in child health research and clinical practice cross many different disciplines – from medicine to midwifery and nursing to rehabilitation science. But the common philosophy is our commitment to improving the health and well-being of children and their families.

This year, the Faculty of Health Sciences reached several milestones in our child health research and training programs. In January, we announced the establishment of two endowed research chairs, bringing our total complement to seven chairs and one endowed professorship in child health. The newest chairs – the McMaster Children’s Hospital/Hamilton Health Sciences Foundation Chair in Neuromuscular Disorders and the Hamilton Health Sciences Foundation/Jack Sinclair Chair in Neonatology – will ensure we continue to be a leader in pediatric research and education.

The Faculty has also been successful at attracting major research grants in child health. Peter Szatmari, a professor of psychiatry and behavioural neurosciences, received $8.9 million in provincial funding in April as co-principal investigator of a 10-year project that will study the genetic basis of the spectrum of autism disorders. Dr. Szatmari’s work is truly world class. In June, research he co-led about the genetic underpinnings of autism was published in the prestigious journal Nature.

Harriet MacMillan, a professor in the Department of Pediatrics and the Department of Psychiatry and Behavioural Neurosciences, received a $2-million grant from the Canadian Institutes of Health Research to establish the Centre for Research Development in Gender, Mental Health and Violence Across the Lifespan.

Elsewhere in the Faculty, many other exciting projects are underway. The School of Nursing has initiated a capacity-building project in Haiti that seeks to improve nursing and health care following the devastation of the Jan. 12 earthquake. While still in the planning stages, the project is developing under the leadership of several faculty members including Linda O’Mara, Ruta Valaitis and Gladys Peachey along with Catherine Tompkins, associate dean, health sciences (nursing). Several other faculty members are also involved in relief and rebuilding efforts in Haiti. You can read more about their work in this issue of Network.

Closer to home, the Faculty of Health Sciences has launched several new graduate programs which build on our tradition of collaborative, interdisciplinary education. In May, we announced a partnership with Maastricht University in the Netherlands to establish the first Canadian-European degree in global health. The School of Rehabilitation Science has also joined together with the DeGroote School of Business to offer a master’s degree in health management.

Our pre-eminent role in human stem cell research in Canada was recognized in April with the announcement of a $11.5-million investment by the province to establish the Ontario Consortium for Regeneration-Inducing Therapeutics with professor Mick Bhatia, director of the Stem Cell and Cancer Research Institute.

I think you will enjoy reading about the continued successes of our students, faculty and staff, who together form the Faculty of Health Sciences.
Tarnopolsky takes chair in neuromuscular disorders

**Tucker Patterson** was just two years old when he was diagnosed with Leigh’s disease. The rare mitochondrial disorder has no cure, and leads to a progressive deterioration of motor skills and eventually death.

Now, at age three, Tucker’s mother says her son is living on borrowed time. “As a family, we’re trying to cram a lifetime of experiences into whatever time we have left,” said Kari Patterson. “The milestones attained, he has lost. But the disease has not taken his spirit.”

The Patterson family shared their journey at the announcement of a new research chair within the Faculty of Health Sciences. Tucker’s physician, Mark Tarnopolsky, was awarded the McMaster Children’s Hospital/Hamilton Health Sciences Foundation Chair in Neuromuscular Disorders.

The $2-million research chair is funded by Hamilton Health Sciences Foundation. Recognized as an international leader in neuromuscular and neurometabolic disorders, Tarnopolsky is a professor of pediatrics and medicine in the Michael G. DeGroote School of Medicine and director of the Neuromuscular and Neurometabolic Clinic at McMaster Children’s Hospital.

“His research will advance treatment for people young and old who are living with chronic diseases of the muscles, nerves and mitochondria,” said Pearl Veenema, president and CEO of the Hamilton Health Sciences Foundation. Tarnopolsky is a graduate of McMaster University, first earning a degree in physical education in 1985, a medical degree in 1988 and a PhD in cell biology and metabolism in 1991.

He is the only physician in Canada to focus most of his practice on mitochondrial diseases, which affect about one in 2,500 children. Mitochondria are the powerhouse of the muscle cells, creating about 90 per cent of the body’s energy.

Clinicin scientinst studies growth of littlest babies

**Each year about** eight per cent of babies born in Canada arrive too soon. Many need extra support, and those who survive face higher rates of learning disabilities, cerebral palsy, respiratory illness, developmental and behavioural problems.

Christoph Fusch, inaugural holder of the Hamilton Health Sciences Foundation/Jack Sinclair Chair in Neonatology, is working to develop evidence-based strategies to improve both the short and long-term outcomes for premature infants and high-risk newborns.

“It’s not enough just to make babies survive,” Fusch told a crowd gathered at the announcement of his research chair in January. “We need to improve their survival and quality of life with their families.”

An international recruit from Germany, Fusch is a professor in the department of pediatrics of the Michael G. DeGroote School of Medicine and director of the neonatal intensive care unit at McMaster Children’s Hospital.

The main question he is addressing in his research is how normal brain development and function can be achieved in very preterm infants. His research is focused on finding out the nutritional regimen for optimal postnatal growth for an infant’s brain and body as well as their lowest risk for metabolic or cardiovascular disease later in life.

Fusch obtained his medical degree at the University of Tuebingen, Germany. Following the completion of his PhD, he became professor and chair of neonatology at the Ernst-Moritz-Arndt University in Greifswald, Germany.

The $2-million research chair is funded jointly by the Hamilton Health Sciences Foundation and McMaster University. It is named for Jack Sinclair, a professor emeritus of pediatrics, whose leadership led to standards of excellence in neonatal research and care that are recognized and practiced around the world.
Celebrating milestones in child health

When a common case of the chickenpox turned into flesh-eating disease, Haley Gillis was rushed to McMaster Children's Hospital and placed under the care of an expert medical team that has helped the two-year-old get back on the road to health.

Since arriving in early May at McMaster Children's Hospital (MCH), a clinical partner and affiliated teaching site of McMaster University, Haley has been fighting to overcome the group A streptococcus infection that first affected the left side of her face and then led to breathing problems and other complications.

“I have relatives who are surgeons and physicians and when they call to find out how things are going and to see how we were doing, they tell me we’re in the right place. The place we need to be,” said Bernie Gillis, Haley’s father.

For the Gillis family, that place is MCH’s pediatric intensive care unit, which is staffed by a team of critical care specialists who are also researchers and educators within the Department of Pediatrics at McMaster.

One of the physicians caring for Haley is Lennox Huang, acting chair of the department and interim chief of pediatrics at Hamilton Health Sciences and St. Joseph's Healthcare Hamilton.

He says the commitment to creating a family-centred environment while providing medical students, residents and fellows with the best possible training is what sets McMaster apart from other academic pediatric centres.

Another strength is the reach of the Department of Pediatrics, which serves a patient population of approximately 2.3 million through the McMaster Children's Hospital and provides training, resources and clinical support to health-care professionals across central southern Ontario.

“It’s reaching beyond the walls of the hospital to be a resource to our community,” Huang said.

Over the past 40 years, the Department of Pediatrics has also developed an international reputation for both basic and clinical research programs in child health.

Huang has focused his research and practice on improving patient safety. This year, his team took home a top research prize from the International Society for Simulation in Healthcare for designing the new pediatric emergency department using high-fidelity simulators, which look like mannequins but mimic the vital signs of real patients.

“We were the first pediatric centre in Ontario, and for a long time the only centre, to use high-fidelity simulation,” said the associate professor of pediatrics.

“Many other centres across Canada and North America now use simulation for education, which is what we do, but we also use it and apply it in patient safety, which is something that is a little more unique.”

Doing things a little differently has always been the McMaster way, even in the early 1970s when child health research and clinical programs were in their infancy. While founding fathers of the medical school, including Alvin Zipursky and Nathan Epstein, pioneered pediatric health care at McMaster and laid the groundwork for internationally recognized departments in pediatrics and psychiatry, they also helped to attract and nurture the best minds within the field.

McMaster, by attracting top talent including neonatologist Jack Sinclair and child psychiatrist Dan Offord, earned a reputation for its world-class academic departments and cutting-edge research centres.

Within the Department of Pediatrics, there are now 18 divisions of physicians and scientists, many of whom are internationally recognized for their work in diabetes, obesity, cancer, childhood disability, neuromuscular disorders and neonatology.

McMaster is also home to the McMaster Child Health Research Institute, a collaborative, interdisciplinary research alliance that brings together partners including the CanChild Centre for Childhood Disability Research and the Offord Centre for Child Studies.

Since its founding in 1992, the Offord Centre has been dedicated to finding solutions to improve children’s mental health.

“There’s no other group in Canada that has, as its primary mandate, children’s mental health research in the community and at the biological level,” said Peter Szatmari, a child psychiatrist and director of the centre.

“Over the past 18 years, the Offord Centre has gone from six scientists to 15. We hold six endowed chairs and Canada Research Chairs amongst us. It’s very multidisciplinary, and focused on the developmental and mental health of children.”

Researchers from the Offord Centre
have also garnered major research awards, including Harriet MacMillan who recently received a $2-million grant from the Canadian Institutes of Health Research to establish the Centre for Research Development in Gender, Mental Health and Violence Across the Lifespan.

Earlier this year, Szatmari, a world-renowned autism researcher and holder of the endowed Chedoke Health Chair in Child Psychiatry, received $8.9 million in funding from the provincial government as co-principal investigator of a 10-year project that will study the genomic basis of autism spectrum disorder.

Through its online Centre of Knowledge on Healthy Child Development, the Offord Centre has become a leader in knowledge translation – making research findings more accessible to the public.

The same is true of CanChild, a leading childhood disability research centre at McMaster.

“We see our approach to knowledge translation as one of our greatest accomplishments,” said Cheryl Missiuna, a professor in the School of Rehabilitation Science and director of CanChild. “We put a tremendous amount of effort into being more than just people who publish in peer-reviewed journals. We make sure we go the next step.”

One of CanChild’s successes is the development of a classification system for gross motor function in children with cerebral palsy. The research tool is now the gold standard for the field. The next step involves translating research findings into information that can be used by parents, educators, service providers, policy-makers and researchers.

“Our excellence in knowledge translation has led to this tool and others being used in health research studies conducted across Canada and around the world,” Missiuna said.

Established in 1989 by developmental pediatrician Peter Rosenbaum and occupational therapist Mary Law, CanChild celebrated its 20th anniversary year in 2009-10. Over that time, the centre has grown to 20 investigators who focus on a broad range of topics within childhood disability research.

Another way the Faculty of Health Sciences supports child health researchers is through the establishment of endowed chairs and professorships. Through the generous support of corporate, not-for-profit and individual donors, seven endowed chairs and one endowed professorship in pediatric research have been created.

Educating the next generation of child health specialists is also an area where the Faculty of Health Sciences is showing leadership. Over the past five years, the Department of Pediatrics has added several new fellowship training programs to its active involvement in undergraduate medical education. Undergraduate learners within the Bachelor of Health Sciences Program also have the opportunity to work with faculty in pediatric research.

“We have an environment that fosters innovation at a very early stage,” Huang said. “I’d say, almost universally, people feel they have that ability to innovate and exercise their creative juices, to do things that they wouldn’t have been otherwise able to do at any other centre – and we’re better for it.”
Offord Centre stands on world stage

**One in five** children in Canada suffers from an emotional, behavioural or psychiatric problem. It's a well known fact.

What most Canadians don’t know is that this statistic comes from the 1983 Ontario Child Health Study (OCHS) — the pioneering work of McMaster University researchers Michael Boyle and the late Dan Offord, remembered as Canada’s most distinguished child psychiatrist.

The OCHS is recognized as the single most important study of children’s mental health in Canada. It’s also research that propelled the Offord Centre for Child Studies onto the world stage.

“It was the first large-scale community based study measuring the prevalence of mental health problems in children and adolescents done in North America,” said Peter Szatmari, director of the centre. “That research set the standard for community-based studies.”

In honour of his contributions to child health research, the Canadian Institutes of Health Research named Michael Boyle the 2009 Researcher of the Year in Health Services and Systems and Population Health. He’s one of the Offord Centre for Child Studies researchers who are having an impact on the health and well-being of children through research, education and advocacy.

“I think the legacy that Dan (Offord) left was the sense that by doing science, you could also participate in social justice,” Szatmari said. “And by doing the kind of epidemiological and clinical work we do with marginalized populations – vulnerable, at-risk kids – by studying them and measuring them, you could actually advocate on their behalf. Dan always said if you can’t measure it, it does not exist in the minds of policy-makers.”

Offord died in 2004 after a nearly 40-year career that centred on children’s mental health, child development and child psychiatric epidemiology.

CanChild seeks support to continue knowledge translation activities

**For 20 years**, the CanChild Centre for Childhood Disability Research has been an international leader in identifying emerging issues in childhood disability through innovative research.

But one of its greatest strengths has been its ability to make research findings easily accessible to parents, service providers, policy-makers and educators. Its award-winning website receives over 4,000 visits a week by users in over 173 countries. CanChild also links over 2,400 Canadian and international service providers with each other and with researchers.

“One of the things we pride ourselves on is the information that is available on our website,” said Cheryl Missiuna, director of CanChild. “It does much more than just providing education for parents, it’s actually a health service.”

For nearly two decades, the Ministry of Health and Long-Term Care supported CanChild through annual research grants. In 2009, the ministry’s model for research funding changed. CanChild is now seeking new funding sources and partnerships in order to maintain its ability to share evidence-based information and provide knowledge-translation services.

“You can go to our website and download evidence-based tools that a service provider then uses with a child. Families can download information they then take to their child’s teacher to help the teacher accommodate in the classroom,” said Missiuna. “There are no websites in the world that are providing this extent of evidence-based information.”

For more information about CanChild and its fundraising efforts, please visit www.canchild.ca.

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**Child health institute sets priorities**

*Children with* complicated lives and their families are seeing the benefits of research emerging from a collaborative group of scientific partners that have come together to form the McMaster Child Health Research Institute (MCHRI).

Established in 2007, the MCHRI combines the research innovation of McMaster University with the clinical expertise of McMaster Children’s Hospital to investigate child health across the lifespan and the impact of illness on children and their families. The institute, which focuses on a variety of conditions including disability, mental health and chronic illness, is led by Peter Rosenbaum, a professor in the Department of Pediatrics and the School of Rehabilitation Science. He also holds the endowed Scotiabank Chair in Child Health Research and the Canada Research Chair in Childhood Disability Research, Dissemination and Mentoring.

Although still young, the MCHRI has worked to build the profile of the institute and create a Research Fellow Award Program that is supporting several promising researchers in 2009-10. One of the institute’s main priorities is training the next generation of child health researchers, and ensuring they have the opportunities and resources to move forward in their careers.

“There are enormous opportunities to build something quite remarkable with the McMaster Child Health Research Institute,” Rosenbaum said. “It’s going to take the vision that is there already, but it’s also going to take the resources of the community to make this aspect of child health research as robust as other areas that are very well developed at McMaster.”

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The selfless gift

Students benefit from bequeathals to anatomy education program

Linda Geller easily laughs through her tears when remembering her husband, Irv, who lost his battle with Lou Gehrig’s Disease nearly two years ago.

He was a man who loved sports and race horses – but mostly people. When he died, Irv was still as close to the boys he first met in grade 3 as he was to his university and football buddies. “He just collected people,” Geller recalled.

The Gellers were married for 32 years: It was his third marriage, her second. Over his lifetime, he alternately worked in sales, as a private investigator, actor, dance instructor and substitute teacher, among other things. As clever as he was at crossword puzzles, ordinary things perplexed him – like the location of his new car’s gas tank which forced him to race back to the dealership for a quick autobody lesson.

Many years ago, the Waterdown couple read a newspaper account of a man who decided to donate his body after his death to a university for purposes of anatomical study and medical research. The story went on to say that in order to obtain detailed and essential knowledge of the structure and function of the human body, future doctors, rehabilitation therapists and scientists need to study human remains as part of their training.

This thought of a special gift to future health-care professionals struck a cord with the Gellers. When Irv died, his body was donated to McMaster University’s Education Program in Anatomy.

“I never felt any guilt. He was a great husband. I was a great wife,” Geller said. “We know people who have gone into $10,000 debt for funerals because they feel guilty. We thought it would be much nicer to spend $10,000 on traveling together.”

Bruce Wainman, director of the Anatomy Education Program, said there are increasing needs for bodies to be bequeathed because of the expansion of McMaster’s Michael G. DeGroote School of Medicine into two new regional campuses in Niagara and Kitchener-Waterloo.

Last year, 28 bodies were accepted by McMaster’s program for the purposes of anatomical study and medical research. Each year, 1,200 students – medical, nursing, engineering, midwifery, rehabilitation and fine arts students – acquire a deeper understanding of the body through the anatomy program, as do other professionals in the broader community, such as paramedics and massage therapists.

Students often think of the donated body as their first patient, Wainman said, always maintaining the individual’s dignity and confidentiality. “It is often one of a student’s first chances to deal with the finality and reality of death. It hits them because it’s not like a textbook.”

Wainman said a person’s whole life is written out on their body: fractures, surgeries, stiffened arteries from hypertension, metastasized cancer from tumours. “When you’re handling the leg of someone who suffered from polio, you can’t help thinking that that would have been a tough life.”

An information pamphlet for prospective donors entitled Body Donation to the Education Program in Anatomy provides contact information, the roles of next-of-kin, cost, criteria (for example, patients with heart, lung and kidney disease are acceptable donors but those with infectious diseases and degenerative neurological diseases, such as multiple sclerosis, are not). Donations to the Anatomy Education Program must be made within 24 hours.

Faculty and staff in the Education Program in Anatomy invite families to an annual Service of Gratitude to express their appreciation for the generosity of those who died. This year, the service was held in April.

Several students gave personal accounts on how the thoughtfulness of donors has provided them with new knowledge which may one day save someone’s life.

Nicole Kraus, a Bachelor of Health Sciences student, told the families that texts and notebooks only go so far in teaching about the wonders of the human body. “Your loved ones are the greatest teachers we will ever know.” “With their greatest gift, they have taught so many students so much,” said Melissa Declue, a first-year student of the physician assistant program. “We are indebted to you for what they have committed to our educations.”

Further information on becoming a donor is available by calling 905-525-9140 x22273, by e-mail at anatomy@mcmaster.ca or by writing McMaster University, Education Program in Anatomy, 1200 Main Street West, HSC 1R1, Hamilton, Ontario L8N 3Z5.
Twenty years ago, genomics testing to clarify the diagnosis of a disease and flag appropriate treatment wasn’t available. Nor was preventive medicine which tailors treatment to a patient’s specific genetic profile.

Because of the explosion in biomedical research, initiatives like these are slowly permeating doctor’s practices, requiring physician-scientists who can conduct basic research in the laboratory while caring for patients.

To meet this need, in 2007 McMaster introduced a seven-year combined MD/PhD graduate program in the Michael G. DeGroote School of Medicine where students undertake research and clinical training at the same time.

Dr. Peter Margetts, director of the McMaster MD/PhD program, said the program is developing a very select group of physicians who made a “rare” career choice.

“The hope is that when they are in the clinic, and see a new pattern in a disease, they will bring it back to the lab and figure out how and why it is happening. Then, when new discoveries are made in the lab, they can very quickly take them back into the clinical setting,” he said.

A defining characteristic of the great university of the 21st century has been described as its agility in meeting the educational demands of a changing economy while organizing to answer the most important research questions of the times. Because of this, the nature of graduate education is changing.

McMaster – internationally recognized as a research-intensive university – is addressing this challenge by introducing new graduate studies programs at the Faculty of Health Sciences where both teaching and research are collaborative and interdisciplinary.

“More and more of our unique offerings relate to connections with other disciplines,” said Dr. Catherine Hayward, associate dean, health sciences (graduate studies).

“The skills you need today when graduating from graduate school are quite different than they were in the past where you could succeed by studying in a very focused area. Now, people want to diversify and reach out into multidisciplinary topics that cross traditional boundaries.”

As new health needs emerge locally and around the world, McMaster is introducing two graduate programs this fall, one in global health, another in health management.

“This follows our introduction of other new graduate programs, such as health policy and e-health, in recent years, which have enriched the opportunities for graduate work in health sciences,” said Hayward.

Interdisciplinary collaboration is a highly valued feature of graduate programs.
“There are some unique health topics you can’t tackle in isolation at a graduate level without involving individuals with diverse backgrounds,” said Hayward. “More and more, our unique offerings relate to multidisciplinary connections within health sciences and with other disciplines, such as humanities and business.”

The new 12-month Master of Science in Global Health program offers the first Canadian-European partnership degree. The program is a collaboration between McMaster faculties of health sciences, social sciences and business and a partnership with Maastricht University in the Netherlands. The 20 students enrolled at McMaster, and 50 at Maastricht, will have a semester at their home university with the chance to study at their sister university and an opportunity to work in a low or middle-income country. Collaborations have been arranged in India and Thailand.

This unique partnership was officially announced in May in Ottawa at a reception at the home of the Netherlands’ ambassador, Wim Geerts, attended by Her Royal Highness Princess Margriet, invited honorary chair of the global health program’s advisory board.

The new Master of Science in Health Management (MHP) program is a collaboration with McMaster’s DeGroote School of Business and School of Rehabilitation Science. Offered primarily online on a part-time basis, with two short times on campus, the program targets currently employed health professionals looking to acquire broader knowledge of Canadian health-care policy development, service delivery and core management skills.

“Our goal is to develop the leaders who will help shape health-care in the future,” said Mary Law, professor and associate dean, health sciences (rehabilitation science). Fifteen students are enrolled for this year with another 30 planned for 2010-11. Applicants are from across Canada – physicians, nurses, social workers, dietitians, kinesiologists, physiotherapists. Some are relatively new to the workforce, others have been in their careers for up to 25 years.

Student on track for career as physician-scientist

The number of Canadians developing a severe peanut allergy doubled over a decade but no one is sure why.

Derek Chu, 24, diagnosed with a peanut allergy as a child, is searching for answers as a second-year student in McMaster University’s MD/PhD graduate program. “In my first year, it was 100 per cent research. Now, in my medical training year, I am 70 to 80 per cent working on medicine. Some evenings, early mornings and weekends are used for research.”

Even though most of his time is now spent with patients, Chu makes sure to attend weekly research meetings to stay up to date. In the lab, Chu is trying to answer two questions: Why do individuals develop allergies (so that cures can be discovered) and what causes anaphylaxis (so that the allergy can be controlled and/or deaths prevented).

In the MD/PhD program, Chu says he has found a valuable mix of clinical and research concepts. “While before I would mainly think about peanut allergy as a gastrointestinal problem, I now realize that it also involves hematological, respiratory, cardiovascular and renal components. I hope to maintain this whole-body viewpoint of disease to attack the problem of peanut allergy from multiple fronts.”

His goal is to work at a university as a researcher, educator and clinician. At the moment, he is considering a career in allergy/immunology, researching food allergy and asthma.

Studying water issues around the world from a variety of perspectives, including health, will be explored in this fall’s new Water Without Borders graduate program, a partnership between the United Nations University and McMaster.

Interest is flourishing in offering interdisciplinary programs that provide skills which cross domains, said Hayward.

“The programs are training people who will be able to span bridges between disciplines and fill in some unique niches that need people with special training and skills.”

She credits the introduction of new graduate programs to grassroots leadership within McMaster’s faculty for “looking at the outside world, pondering what novel leadership roles are need to be filled to meet society’s needs, and pushing McMaster beyond what it is currently doing to offer even better training.”

In addition to new programs, established graduate programs in health sciences currently include health research methodology, medical sciences, nursing, occupational therapy, physiotherapy, rehabilitation science, biochemistry and biomedical sciences, biomedical engineering, e-health, health policy and neuroscience.

Since 2001, the number of students in graduate programs at McMaster has almost doubled to 2,500 students from 1,350 in 2001. One-third of graduate students at McMaster are in health sciences programs.
As the plane carrying relief workers prepared to land in his quake-shattered Haiti homeland, Alezandre Dauphin peered out the window and surveyed the devastation below.

“Anything you could identify as a landmark of the city was no more – the national palace, the cathedral, the government offices with the green roof. You were landing in a place you didn’t recognize anymore.”

Dauphin, who joined the Department of Anesthesia in 1990 after completing his residency training at McMaster, travelled to Port-au-Prince within days of the Jan. 12 earthquake. He was there to assess the need before assembling a medical team from Hamilton. As the coordinator for St. Joseph’s Healthcare Hamilton’s international outreach programs in Haiti, Dauphin worked out of the University Hospital and the Hospital of Peace – a 100-bed facility that was overrun with 4,000 patients in the immediate earthquake aftermath.

“You do everything that you have to do,” said the clinical professor of anesthesia, who took on a leadership role at both of the hospitals. “There was no structure. And the world is not structured for such disasters, I discovered.”

After two weeks in Haiti, Dauphin returned to Hamilton for three days before setting out again for the Hospital of Peace with a team of 30 health-care professionals. He has since travelled back with two more teams, and is committed to rebuilding and improving the hospital’s capacity in the long-term.

“People lost all they had and they still accepted this,” said Dauphin, who moved to Canada from Haiti in 1978. “If there’s one thing I’m thankful for, it’s the resilience of the Haitian people.”

Dauphin was one of the many health-care professionals within the Faculty of Health Sciences who volunteered their skills after the earthquake.

David McCann, an assistant professor in the Department of Family Medicine, was deployed to Haiti 60 hours after the earthquake as chief medical officer of the Florida One Disaster Medical Assistance Team (DMAT). A seasoned disaster medicine specialist, McCann has provided medical relief to victims of some of the worst disasters in recent history, including Hurricane Katrina and 9/11.

Recruited to the Faculty of Health Sciences in 2007, his goal is to establish McMaster University as a centre of excellence for disaster medicine in Canada.

“In the weeks and months following the disaster, the needs in Haiti shifted from acute problems to more chronic ones.”

Lynda Redwood-Campbell, an associate professor and global health coordinator for the Department of Family Medicine, was deployed during the transition phase with the International Committee of the Red Cross.

For four weeks in March, she worked with a Canadian-Norwegian-Israeli delegation at the Notre Dame Hospital in Petit-Goâve, about 70 kilometres from Port-au-Prince. The team provided medical aid as part of a plan to rebuild the city over the next year.

“Although I went with the Red Cross, it was really the Department of Family Medicine that supported me to go,” said Redwood-Campbell, who also provided medical relief in Rwanda after the genocide and in Indonesia after the 2004 tsunami. “I think that’s a really big step. I think it shows the commitment of the Department of Family Medicine to doing this kind of work.”

In addition to McCann and Redwood-Campbell, the Department of Family Medicine also supported a third full-time faculty member, Keyna Bracken, to go to Haiti. The assistant professor travelled to Port-au-Prince in February as part of the delegation from St. Joseph’s.

Now back at home, Redwood-Campbell says a critical part of working in disaster zones is sharing the experience with others.

“I try to teach medical students and residents about this work,” she said. “I think an important part of it is sharing the information and trying to move forward to make something better out of it.”
MD students assist in Haiti relief efforts

Three medical students from the Michael G. DeGroote School of Medicine traveled to Haiti in March to deliver supplies and learn from a medical team working out of a makeshift clinic in Port-au-Prince after a catastrophic earthquake.

The students — May Sanaee and Regine Krechowicz of the Niagara Regional Campus and Layli Sanaee of the main Hamilton campus — were based at the Anis Zunuzi Baha’i School as part of a 10-day training opportunity that allowed them to experience disaster medicine first hand.

“I learned what amazing things can happen when people come together,” said May Sanaee, who is entering her third year of medical school. “Even though it was overwhelming, we felt like we were needed. If anything, Haiti taught us that we want international work to be part of our careers.”

The McMaster students were the second group of learners to be based at the temporary clinic, which was fashioned from several classrooms at the Baha’i school following the Jan. 12 earthquake.

In the immediate aftermath, the clinic provided acute care for up to 500 patients a day. By the time Sanaee and the other students arrived in March, the need had shifted to more persistent problems such as dehydration, malnutrition and infectious disease.

While in Haiti, the students worked with specialists in pediatrics and obstetrics/gynecology. Together with the medical team, they visited four clinical sites, which saw about 300 patients a day.

But no matter where they travelled, the students kept hearing the same message from their patients.

“All they wanted was for us to take back a huge message of thanks to Canada,” May Sanaee said.

McMaster leading new stem cell network

McMaster University’s Stem Cell and Cancer Research Institute has received $11.5 million to lead a world-class initiative to develop new stem cell-based therapies.

John Milloy, Ontario minister of research and innovation, was on campus in April to announce the award for the Ontario Consortium for Regeneration-Inducing Therapeutics (OCRiT).

The collaborative initiative will integrate robotics and high-performance computing to create an automated stem cell platform to identify new drugs capable of inducing stem cells in one’s own body to repair damaged tissues.

Paré awarded new Canada Research Chair

A McMaster University physician-scientist who is developing more effective stroke prevention strategies has been named to the prestigious Canada Research Chairs program.

Guillaume Paré, an assistant professor in the Department of Pathology and Molecular Medicine and the Department of Clinical Epidemiology and Biostatistics, was appointed the Canada Research Chair in Genetic and Molecular Epidemiology.

His innovative research program into stroke prevention involves using a different set of tools — cutting-edge genomic techniques and biomarker analysis to decipher the genetic architecture of strokes and better identify people who are at risk.

By analyzing biomarkers — biological molecules found in blood — he can, for example, study whether some people carry a gene that makes their blood more likely to clot and interrupt the blood flow to the brain. He will also be able to provide valuable insights into the sorts of preventative measures, drug therapies and lifestyle changes that will reduce the number of strokes in Canada.

Three other researchers in the faculty — John Eikelboom, Manel Jordana and Mohit Bhandari — received renewals of their Canada Research Chairs.

The Canada Research Chairs program was established in 2000 by the federal government to help Canadian universities attract and retain the world’s best researchers. To date, McMaster University boasts 64 Canada Research Chairs, with 26 in the Faculty of Health Sciences.
School receives $1.3M for innovative training program

The School of Rehabilitation Science (SRS) has received more than $1.3 million from the Government of Ontario to continue a program that supports internationally educated occupational therapists as they transition into practice in Canada.

Following the success of an 18-month pilot project, the SRS has launched the Ontario Occupational Therapy Examination and Practice Preparation Project (O’Tepp), as well as a national version of the program in partnership with the Canadian Association of Occupational Therapists (CAOT). The latter initiative received $2.1 million from the Government of Canada’s Foreign Credential Recognition Program.

The provincial program provides face-to-face learning opportunities for O’Tepp participants in Ontario. It also acts as a trial for the national project, allowing investigators to develop new learning resources which then get tested on the national cohort. Both programs are funded until 2012.

To date, O’Tepp’s curriculum has been offered through traditional and distance education courses, which use a problem-based learning model to help occupational therapists who are new to Canada prepare for the national certification exam.

With the expansion of the program, McMaster will continue to provide oversight of the project in partnership with CAOT and the universities of British Columbia, Alberta, Manitoba and Ottawa.

“What’s exciting about this project is that we’re actually fanning it out across the country,” said Sue Baptiste, principal investigator for the Ontario O’Tepp program and co-principal investigator for the national program.

“That to me is a wonderful opportunity. I’ve been dreaming about this for about 10 or 15 years now. To think that it’s actually happening is just overwhelming from a personal prospective. But, from a professional need, it’s absolutely critical.”

Leaders from McMaster University and the University of Waterloo came together in April to celebrate the official opening of the Waterloo Regional Campus of the Michael G. DeGroote School of Medicine.

The new medical education building is the second to open on the University of Waterloo’s Downtown Kitchener Health Sciences Campus.

John Kelton, dean and vice-president of the Faculty of Health Sciences, said the venture between McMaster and Waterloo shows off the universities’ joint strengths in developing health care of the future.

“We couldn’t have found a better home for our medical students,” he said. “McMaster has long valued interdisciplinary, community-oriented learning, and this gives us everything we need.”

Located next to Waterloo’s School of Pharmacy, the new building on Victoria Street South integrates learning and health care. On the first floor is both the Centre for Family Medicine, a Family Health Team, along with a Health Sciences Optometry Clinic of the University of Waterloo’s School of Optometry.

The medical school takes the second and third floors of the 66,000-square-foot building. The campus has state-of-the-art technology, and includes a clinical learning centre and a health sciences library.

The $23-million building was made possible through community support, starting with the City of Kitchener providing the University of Waterloo with the land for the health sciences campus. The Region of Waterloo contributed $15 million for the medical school building on the campus.

The Ministry of Training, Colleges and Universities committed $7.7 million for expansion of the medical school to Kitchener-Waterloo and a further $8 million for infrastructure on the campus.

The Michael G. DeGroote School of Medicine also celebrated another investment earlier this year. In February, the Rotary Club of Kitchener-Conestoga presented a cheque for $100,000 to the Waterloo Regional Campus to outfit the new clinical learning centre with state-of-the-art equipment.

Six doctoral students receive Vanier scholarships

Six students in the Faculty of Health Sciences have been honoured with 2010 Vanier Canada Graduate Scholarships. The prestigious awards, established by the federal government in 2009, are designed to attract and retain world-class doctoral students.

This year’s recipients include: Rebecca Ganann, School of Nursing; Christine Kerr, Department of Pathology and Molecular Medicine; Regan Patrick, Neuroscience Graduate Program; Rhandi Senaratne, Medical Sciences Graduate Program; Andy Kin On Wong, Medical Sciences Graduate Program; and Soumaya Zilzni, Department of Biochemistry and Biomedical Sciences. Vanier scholars receive $50,000 annually for up to three years. They are chosen as a result of their demonstrated leadership skills and high standard of scholarly achievement in graduate studies.
Infectious disease specialist Ross Pennie describes medicine as his calling, but writing as his passion.

As the author of two books — a memoir and a medical mystery — the professor in the Michael G. DeGroote School of Medicine draws inspiration from his own experiences as a physician and scientist.

In his latest novel, *Tainted*, Pennie explores the ramifications of a fictional outbreak of human mad cow disease in Hamilton.

“It’s the way it really works,” said Pennie, a professor of pathology and molecular medicine and an infectious disease specialist at the Brant Community Healthcare System. “But it’s using fiction as a medium to show people how infectious diseases specialists and public health personnel work in the field when they’re faced with various mysteries.”

Penne was one of over 900 authors in the Faculty of Health Sciences community who were celebrated in March as part of FHS Writes. The second annual event recognizes the publishing achievements of faculty, staff, students and alumni of the Faculty of Health Sciences.

Liz Bayley, director of the Health Sciences Library, said the event helps to encourage collaboration among researchers, as well as celebrate the role of the Health Sciences Library in that process.

“When we talk about publications, it’s not just research,” she said. “There’s a bit of fiction and history. Some of our faculty members are reflecting on their own experience while others are writing specific publications to help patients.”

The long-term goal of the Health Sciences Library, in part through the FHS Writes event, is to create a publications database that reflects the educational and research excellence within the Faculty of Health Sciences, Bayley said.

FHS members published more than 1,200 journal articles in 2009. The *Lancet* topped the list of journals, with a total of 21 citations for the year.

Weight-loss workbook developed by three McMaster psychiatry professors

Three McMaster University experts have developed a successful weight management tool in the form of a workbook which uses cognitive behavioural therapy to achieve lasting weight loss. The goal is health — physical health, psychological health and a healthy relationship with food and the body instead of an obsession with numbers.

Cognitive therapy, used by psychologists and psychiatrists since the 1960s for a diverse range of mental health conditions, is an approach which helps people change the way they think about their problems.

“The goal in developing this workbook was to create a tool that, while useful for a psychiatrist or a family doctor, was also user friendly enough that a patient could follow it by themselves — whether they’re in Nunavut or Ottawa,” said Valerie Taylor, an assistant professor of psychiatry and behavioural neurosciences.

*The Cognitive Behavioral Workbook for Weight Management* includes exercises and worksheets to help individuals customize a weight management strategy based on their own habits and lifestyle. It sets out a realistic weight management plan by showing how to manage triggers, overcome critical thoughts, make enjoyable changes and gain support from family and friends.

The workbook is co-written by Michele Laliberte, an assistant professor of psychiatry and behavioural neurosciences, and Randi E. McCabe, an associate professor of psychiatry and behavioural neurosciences.

It is available in all major bookstores and from amazon.ca.
Faculty members honoured with prestigious awards

Mehran Anvari, a professor in the Department of Surgery, has been named the 2010 recipient of the ORION Leadership Award. A leader in minimal access surgery and telerobotic surgery, Anvari is the scientific director of the Centre for Surgical Invention and Innovation and director of the Centre for Minimal Access Surgery. The ORION Awards recognize individuals who have led and championed the use of advanced and collaborative technologies to support research, education and discovery.

Mohit Bhandari has been named the recipient of 2010 Orthopaedic Research and Education Foundation Clinical Research Award. The associate professor of surgery is honoured for his leadership of SPRINT, a multicentre clinical trial that studied the most effective means of managing open and closed tibial fractures. The study culminated in the largest orthopedic trauma trial in the history of the field.

Michael Boyle, a professor in the Department of Psychiatry and Behavioural Neurosciences, has been named the Canadian Institutes of Health Research's 2009 Researcher of the Year in Health Services and Systems and Population Health. Boyle and the late Dan Offord pioneered the Ontario Child Health Study, recognized as an important study of children's mental health in Canada.

Richard Hunt, a professor in the Department of Medicine, received the Henry L. Bockus Medal from the World Gastroenterology Organisation. The prestigious award is given once every four years for distinguished international contributions in the field of gastroenterology.

Michael Kiang, an assistant professor of the Department of Psychiatry and Behavioural Neurosciences, has been awarded a John Charles Polanyi Prize for his innovative work in mental health research. The provincial award recognizes outstanding researchers in the early stages of their career who are continuing their postdoctoral studies at an Ontario university.

Karen Saperson, an associate professor in the Department of Psychiatry and Behavioural Neurosciences, has been named the inaugural recipient of the Lois Ross Award for Service to Residents, given out by the Canadian Association of Interns and Residents (CAIR). The award honours contributions to the advancement of medical residents in Canada.

Peter Szatmari, a professor in the Department of Psychiatry and Behavioural Neurosciences, has been recognized with the George Tarjan Award for Contributions in Developmental Disabilities from the American Academy of Child and Adolescent Psychiatry. Szatmari is the director of Offord Centre for Child Studies and holds the Chedoke Health Chair in Child Psychiatry.

Ronald McAuley, a physician who was instrumental in the development of family medicine at the Michael G. DeGroote School of Medicine, died in October 2009 at the age of 79. A professor and past chair of the Department of Family Medicine, McAuley played a key role in launching the family medicine residency program. He also led a group to establish the first family practice teaching unit at Henderson hospital. He became a consultant for McMaster’s problem-based learning methods and, in recognition of his contributions to family medicine at their medical schools, he received honorary doctorates from the Linköping University, Sweden, and the University of Tampere, Finland.

Mary Tremblay, an associate professor who helped pioneer the development of occupational therapy programs in Hamilton, died in October 2009 at the age of 64. One of the founding therapists of the occupational therapy programs at Mohawk College in the 1970s, she moved to McMaster in 1985 and directed the degree-completion program for occupational therapy and physiotherapy. In 1989, she served a year as the acting associate dean of the fledgling School of Rehabilitation Science. She is remembered as an exceptional educator and for her research on disabled war veterans and the disability rights movement.

The following faculty members have been appointed to senior positions within the Faculty of Health Sciences:

Steven Hanna, an associate professor of the Department of Clinical Epidemiology and Biostatistics and the School of Rehabilitation Science, has been appointed the assistant dean of the Health Research Methods Program. He is also an investigator with the CanChild Centre for Childhood Disability Research.

Lennox Huang has been named the acting chair of the Department of Pediatrics. The assistant professor has served as associate chair, clinical, of the department and deputy chief of pediatrics for McMaster Children’s Hospital (MCH). He is also currently serving as acting chief of pediatrics for MCH.

Lori Letts, an associate professor in the School of Rehabilitation Science (SRS), has been named the assistant dean for the M.Sc. (Occupational Therapy) Program. Since joining the SRS in 1994, she has focused her research on environments, health promotion, primary health care, aging, community rehabilitation and participatory research.
Ray explores connection between culture and nursing practice

Marilyn Ray (MA ‘78) is regarded as one of the world’s leading experts on the role of culture within nursing practice. But she has never forgotten her Hamilton roots, or her strong ties to McMaster University.

The prominent nurse researcher worked within the School of Nursing in the mid-1970s and helped to coordinate the fledgling nurse practitioner program. At the same time, she earned her master’s degree in anthropology from McMaster.

The two fields of study have been the basis of her career, as well as the foundation of her new book.

“McMaster University holds a very special place for me in nursing and also in anthropology,” Ray said. “My foundation in Canada, and in Hamilton specifically, has meant a great deal to me for the evolution of my career and the ability to share ideas with people around the world.”

After graduating from the diploma nursing program at St. Joseph’s Hospital in 1958, Ray and three of her nursing friends set out to see the world. They settled in California, where Ray gained experience in research and patient care. In 1964, she decided to return to school and earned both her baccalaureate and master’s degrees in nursing from the University of California.

As a student in the Michael G. DeGroote School of Medicine, she let TV cameras follow her as she came to terms with how she would manage progressive blindness and her career. Later, towards the end of her life, she chronicled her three-year fight against cervical cancer in an online journal.

Ellingsen died in February at the age of 31. A native of British Columbia, she earned her medical degree from McMaster in 2005, and had nearly finished her residency at the University of British Columbia when cancer took her life.

While pursuing her MD, she was featured in the second season of Med Students, a documentary TV series that aired around the world.

Ray completed her PhD thesis on the theory of bureaucratic caring in 1981. It would later establish her as a leading nursing theorist.

Now a professor emeritus of nursing at Florida Atlantic University, Ray recently published Transcultural Caring Dynamics in Nursing and Health Care. The textbook guides readers through the model of transcultural nursing and uses personal reflections to demonstrate how culture and caring intersect. In one story, Ray reflects on doing fieldwork in Mexico as a nurse-anthropology student. In another, she writes about visiting Saudi Arabia as an invited speaker and researcher.

“That was probably the most transculturally diverse experience I’ve ever had in my whole life,” she said. “But at the same time, I could feel this very common connection.”

In celebration of her connection with McMaster University, Ray established the Ray Family Scholarship in 2009. The award honours academic excellence in the nurse practitioner program.

“As someone who taught at McMaster and learned so much while I was there, I thought it would be an excellent place to establish this award.”

New appointment for MD alumna

Jennifer Everson (MD ‘85) holds the first joint appointment between a Local Health Integration Network (LHIN) and a medical school.

The associate clinical professor of family medicine of the Michael G. DeGroote School of Medicine will serve as the LHIN liaison for McMaster University’s Faculty of Health Sciences, as well as the physician lead, planning and integration, for the Hamilton Niagara Haldimand Brant Local Health Integration Network.

Everson will liaise between the LHIN and the Faculty to facilitate the integration of clinical, teaching and research activities across the LHIN.
McMaster surgeon makes a difference ‘one patient at a time’

Stephen Foster (MD ’72) was a second-year student in McMaster University’s newly established medical program when he decided to spend the summer of 1971 volunteering in a clinic in Angola.

It was there the aspiring doctor discovered his calling to surgery and experienced the challenges and rewards of delivering medical care in a developing nation.

“It was an eye-opener to me just how much the day-to-day problems and ordinary people’s lives revolved around the lack of access to surgical care,” he said. “I fell in love with surgery in 1971. I felt if I was ever going to go back to Africa that was what I needed to do.”

Nearly 40 years later, Foster continues to devote his life to improving health care for the people of Angola.

In honour of his contributions, the surgeon has been named the 2010 recipient of the Teasdale-Corti Humanitarian Award by the Royal College of Physicians and Surgeons of Canada. The award is given to a Canadian physician whose current practice reflects altruism and integrity, courage and perseverance in the alleviation of human suffering.

“The fun of practicing in Angola has been way beyond anything I would have ever had anywhere else,” said Foster, now an associate clinical professor of surgery at McMaster.

“One of the things I’ve fought for over these last 30-some years is to make sure that we don’t divorce primary and secondary care, but that we keep them together and think about people’s needs holistically and try to get at the root of the problem.”

Born in Brantford, Ont., Foster spent his childhood in Zambia, where his father worked as a missionary surgeon. He returned to Ontario as a teenager and later graduated as part of McMaster’s first medical class in 1972.

“I think, in many ways, McMaster prepared me to work and live internationally and be a far broader and more generalist physician than I ever imagined I’d be,” he said. “I’ve never had the luxury of just being a surgeon, or just being a physician. I’ve had to do a bit of everything.”

After completing his residency in general surgery at the University of Toronto, Foster returned to Angola in 1978 amidst a civil war that had erupted three years earlier. For 12 years, he ran a mission hospital in southwestern Angola, where he trained upwards of 200 nurses. At the same time, he raised a family of four with his wife, Peggy.

“In many ways, we were cocooned to some degree, sheltered by the reality of being an oasis in the midst of a country at war,” he said. “Both sides needed us in this mission hospital at Kalukembe, so we were in some sense protected from direct attack, even though guerrillas would raid villages within a mile or two of where we were.”

In 1996, he returned to Canada, but was drawn back to Angola four years later. He founded the Evangelical Medical Centre of Lubango in 2006, with support from private donors. The 46-bed teaching hospital includes two operating rooms, a cataract extraction program and an outpatient department, which are staffed by two full-time and three part-time physicians, as well as approximately 40 nurses.

“At times, if you write it all down on paper it looks rather silly,” said Foster, the hospital’s medical and general director. “But at other times, you begin to say ‘Well, somebody had to do something to start.’ I’ve felt that was my responsibility and trusting this next generation of people will catch a vision.”

Since the hospital opened four years ago, it has provided treatment for nearly 35,000 patients. It has also welcomed medical students, residents and visiting physicians from around the world, including several from McMaster.

A primary goal of the medical centre is to train more doctors and nurses from Angola and keep them practicing in their homeland. In the coming years, Foster will pass on the torch to this next generation of future caregivers.

In the meantime, his focus remains on providing the best care for his patients.

“I just finished an operation on a young man who has cancer of the stomach and we were able to remove it and hopefully cure it with resection,” he said. “There are several other people on the ward with horrible sundry cancers who wouldn’t have health-care options otherwise. In that sense, one makes a difference one patient at a time.”
In 2009, Mary Guise graduated with her students when she received her PhD in Nursing during the spring convocation of McMaster's School of the Nursing. As the associate dean in the Faculty of Health Sciences at Mohawk College, Guise has played a key role in developing the collaborative B.Sc.N. program which integrates nursing education at McMaster, Mohawk and Conestoga College. When she started her PhD in 2001, she was a faculty member in the diploma nursing program at Mohawk and a member of the first teaching team of the integrated baccalaureate degree program. In 2006, she was appointed associate dean of the B.Sc.N. program and continuing education, health sciences. This year, Guise assumed responsibility for postgraduate and continuing education programming.

1980s

Dona Bowers, MD ‘84

Dona Bowers has been named the 2009 Family Physician of the Year for Ontario by the Ontario College of Family Physicians, and recognized with the Reg L. Perkins Award by the College of Family Physicians of Canada. The awards honour the outstanding dedication of family physicians to their patients, community and profession. Bowers earned her medical degree in 1983. She is now dedicated to an inner-city patient population in her role as director of health services at Somerset West Community Health Centre in Ottawa. Together with her team, she delivers innovative community-based programs and has opened doors to new and enhanced health care for her patients. She is also an assistant professor of family medicine at the University of Ottawa.

1990s

Michael Wilson, BASc ’91, MD ’94

Michael Wilson has been appointed the regional supervising coroner for northern Ontario. The family and emergency physician earned his Arts and Science and medical degrees from McMaster University. He also completed his residency training in the Department of Family Medicine at McMaster. Since establishing his practice in Nipigon, Ont., in 1996, Dr. Wilson has been involved in a number of teaching programs and is an assistant clinical professor of family medicine at McMaster and an associate clinical professor of family medicine at the Northern Ontario School of Medicine. He joined the Office of the Chief Coroner in 2000, and is now overseeing approximately 40 investigating coroners out of the Thunder Bay office.

Tracy Pearce-Kelly, B.Sc.N. ’93, B.H.Sc. (Midwifery) ’98

As a midwife and labour and delivery nurse, Tracy Pearce-Kelly is passionate about helping families transition and celebrate the magic of childbirth. The McMaster alumna believes midwifery is central to maternity care in Ontario. She is involved with the provincial midwifery education program as a past advisory council member and preceptor. She also chaired the provincial benefits program as it transitioned to a trust. After completing her midwifery training, she became a partner in Community Midwives of Halton. In 2006, she co-founded Halton's sister midwifery program. In 2008, she founded the Ottawa Valley Anaphylaxis Resource Group.

2000s

Andrew Parker, B.H.Sc. ’05

After earning his Bachelor of Health Sciences degree, Andrew Parker embarked on a new career path when he was accepted to study law at the University of Ottawa. He graduated from the program in 2008 and completed his articling year in the legal services department of the City of Ottawa. Since being called to the bar in 2009, Parker has practiced law in the public sector, working at both the municipal and federal levels. He is currently serving as counsel for the Department of Justice Canada, where he advises the federal government on national security issues. Outside of work, Parker continues to pursue his interests in health as a member of the board of the directors for the AIDS Committee of Ottawa.

Brenda McGibbon Lammi, B.H.Sc. (OT) ’00, M.Sc. (Rehab Sci) ’02

Brenda McGibbon Lammi enrolled in the inaugural master’s degree program in rehabilitation science after completing her degree in occupational therapy at McMaster. She has worked as a clinician in pediatrics, and is now an assistant clinical professor at McMaster and the University of British Columbia, where she teaches in the joint online Master of Rehabilitation Science program. In 2008, she began her role as the managing editor of Occupational Therapy Now, the practice journal of the Canadian Association of Occupational Therapists (CAOT). Last year, she also became the professional development manager for CAOT. Outside of work, Brenda enjoys spending time with her two children and husband, Thomas, whom she met in the OT program. She is also chair of the Ottawa Valley Anaphylaxis Resource Group, which she founded in 2008.
When Doug Stacey (B.H.Sc. PT '94, M.Sc. '05) graduated from the physiotherapy program at McMaster, he had dreams of one day joining a team of elite athletes at the Olympics. He just didn't think it would happen so quickly.

“I figured it would take me a few years once I started working on things,” said the 43-year-old sport physiotherapist. “All of a sudden these opportunities came to me almost immediately.”

Now the therapist for the Canadian Women’s Hockey Team, Stacey has helped guide the national team to three Olympic gold medals, including one at the most recent Olympics. In total, he has covered 10 world championships for Hockey Canada and, in the process, developed a reputation as one of Canada’s leading sport physiotherapists.

“You have to take advantage of every opportunity you get,” said the McMaster alumnus, who earned his physiotherapy degree in 1994 and his master’s degree in exercise physiology in 2005. “You just go in and do a good job and things work out.”

Stacey’s big break came in 1999, five years after graduating from the Faculty of Health Sciences. At the time, he was working as a physiotherapist for both Hamilton Health Sciences and the Dr. Daniel Levy Memorial Sports Medicine Clinic, and had decided to organize a sport physiotherapy course to upgrade his own learning.

When the instructor of the course wasn’t able to help out at a training camp for the Canadian Women’s Hockey Team, she put Stacey’s name forward. Within a year, he was asked to spend the rest of that season as the therapist for the team. That later turned into a full-time job in the run-up to the 2002 Winter Games in Salt Lake City.

“I've won eight gold medals – three at the Olympics and five at world championships. The one in Salt Lake is still the biggest,” said Stacey, who now lives in London, Ont. “We’d lost to the U.S. the entire year. The U.S. team was unbelievably strong. When you lose that many games, there’s a lot of internal strife – the girls are questioning each other.

“And then to win was such an emotional release. Everybody – the coaches, the players – almost broke down, just saying ‘I can’t believe it.’ And the fact that it was on North American soil. It was just big.”

Since that first win in Salt Lake City, two more Olympic golds have followed with the women’s team – one in Turin, Italy in 2006 and the latest at the 2010 Olympics in Vancouver. That win was particularly poignant as it was on home soil during what had become the biggest Olympics yet for Canada.

“In Vancouver, we were celebrating with a country, and it felt like the entire country was in the arena,” Stacey said.

As well as being the therapist for the women's team, Stacey has also worked with the national men’s junior team. His role with both involves prevention and rehabilitation of injuries, as well as helping players to reach their maximum potential.

“Being a therapist, you’re in the best position. You’re not a coach and you’re not a player, but you see the best of both worlds,” he said. “With the players, they know the training room is a place to feel good and get better. And you have to create that environment so they actually do come to you with injuries and not try to hide them.”

A natural athlete from childhood, Stacey was born in Gimli, Man., but moved to Ottawa at age 11. His interest in physiotherapy began at home with his mother, who celebrated her 50th year in the profession in 2008.

After high school, Stacey earned his bachelor’s degree in criminology and psychology from the University of Ottawa, where he played varsity football for four years. During that time, he developed a passion for sports medicine and decided to...
pursue his interest further by applying to the physiotherapy program at McMaster.

At first, the idea of going back to school to study in a different field was a bit daunting. But he adapted quickly to McMaster’s innovative curriculum.

“I discovered I was very much a problem-based learner,” said Stacey, who later worked as a clinical skills tutor for the School of Rehabilitation Science. “I could have never done any other program. I absolutely loved it. That whole style suited me to a tee.”

Stacey says while at McMaster he learned from faculty in the School of Rehabilitation Science who helped to shape his current approach to practice. Laurie Wishart, an associate professor, opened his mind to the idea that rehabilitation is very neurologically based, especially in sport. And Paul Stratford, a professor, helped show him the importance of evidence-based practice.

“One teacher teaches what they know. He always just taught how to learn and how to use statistics and research to better your learning,” Stacey said. “I still use that approach today. I’m a very eclectic therapist now, but I have all the research to back up the way I do things. I carry that exact same approach over to students when I work with them."

On top of his work with Hockey Canada, Stacey teaches at the University of Western Ontario, where he is a physiotherapist in the Fowler Kennedy Sports Medicine Clinic. His other role is as a consultant physiotherapist for the Ontario Hockey League’s London Knights.

“My job as a medical liaison for Hockey Canada is to try to maximize the potential of the team by putting the best people in place and making sure everybody is where they should be for training camps and other events,” he said. “When you work in a team environment, the team is number one. You can’t have individuals.”

Outside of hockey, Stacey’s passion is his family. His wife, Shelley McKellar (MA ’93) is an associate professor of history of the University of Western Ontario. They have a four-year-old daughter, Delaney, who already takes after her dad.

“We’ve got her in skating lessons, but we haven’t put a stick in her hands yet,” Stacey said. “We’ll wait until she decides what she wants to do.”

Alumni Notes

Alan Eppel, a psychiatrist and associate clinical professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster, has written a new book, Sweet Sorrow, which examines the interplay of love, loss and attachment. Eppel completed his psychiatry residency at McMaster in 1978.

James Bendell (MD ’93), a board-certified physician and surgeon in the specialty of obstetrics and gynecology, leads The Women’s Center in LaGrange, Ga. Bendell has received awards for his dedication to providing outstanding medical care, including the Dorothy Mann Award in Reproductive Biology as well as the award for Special Excellence in Endoscopic Procedures. He currently serves as the chair of the Department of Obstetrics and Gynecology for Lanier Medical Center in Valley, Ala.

Peter Gillies (B.Sc. ’73, PhD ’78) has been named the founding director of the New Jersey Institute for Food, Nutrition and Health at Rutgers University. The biomedical scientist earned his B.Sc. in biochemistry and his PhD in medical sciences from McMaster.

Gordon Guyatt (MD ’77, M.Sc. ’83), a professor in the Department of Clinical Epidemiology and Biostatistics and the Department of Medicine at McMaster, was named runner-up in the British Medical Journal Lifetime Achievement Award. Guyatt’s contributions include introducing the concept of “evidence-based medicine,” which has helped revolutionize patient care, and developing methodology for randomized trials and systematic reviews.

Eric Hoskins (B.Sc. ’82, MD ’85) was elected MPP for the Toronto riding of St. Paul’s in 2009 and appointed Minister of Citizenship and Immigration in 2010. As a humanitarian and physician, he spent more than a decade providing medical aid in war-torn regions as co-founder of War Child Canada.

Jonathan Lomas, a former faculty member who co-founded the Centre for Health Economics and Policy Analysis (CHEPA) at McMaster, was made an Officer of the Order of Canada. He was recognized for promoting and advancing the role of research evidence in Canada’s health sector.

Samantha Nutt (BASc ’91, MD ’94), co-founder and executive director of War Child Canada, was named to the Order of Ontario. The family physician is recognized as a leader in providing humanitarian assistance to vulnerable populations in conflict zones. In 2009, she was also named one of Canada’s top 100 most powerful women by the Women’s Executive Network.

James Orbinski (MD ’89), founding member of Médecins Sans Frontières Canada and founder of the McMaster University Health Reach Program, which investigated and promoted the health of children in war zones, has been made an Officer of the Order of Canada. He was also appointed to the Order of Ontario for his medical and humanitarian contributions around the world.

Anne-Marie Zajdlik (MD ’88), founder and director of the Bracelet of Hope campaign and the Masai Centre for Local, Regional and Global Health, was appointed to the Order of Ontario. The family physician is one of Canada’s leading female AIDS activists working to alleviate the impact of the worldwide AIDS crisis.

Keep us up to date

Do you have news you would like to share in the Alumni Notes section? Please e-mail us at network@mcmaster.ca to keep us up to date on your accomplishments.
Walkerton research leads to breakthrough

Studies of people who became ill following the tainted water tragedy in Walkerton, Ont., have led to a research breakthrough in the underlying causes of a bowel disorder that appears following an infection. A team of investigators, including those from the Farncombe Family Digestive Health Research Institute at McMaster, discovered variations in the DNA of a person’s genes can increase the risk of developing post-infectious irritable bowel syndrome, a common ailment among the victims of the Walkerton situation of 2000. The findings were published in the journal *Gastroenterology*.

Concussions not taken seriously enough

Despite growing public concern about concussions, researchers from McMaster University have found the common head injury may not be taken seriously enough. In a study published in *Pediatrics*, Carol DeMatteo, an associate clinical professor in the School of Rehabilitation Science, found children who receive the label of “concussion” spend fewer days in hospital and return to school sooner than children with head injuries not diagnosed as concussion. DeMatteo suggests using the term “mild traumatic brain injury” would be more accurate and help people to better understand the nature of the injury.

Class Reunions

**Nursing Class of 1985 – 25th Reunion**
Date: November 6, 2010
Location: McMaster University, Hamilton
Reunion Committee: Maggie Edington

**Nursing Class of 1991 – 20th Reunion**
Date: 2011
Location: TBA
Reunion Committee: Manuela Lopes

**Post RN Class of 1986 – 25th Reunion**
Date: 2011
Location: Peterborough, Ont.
Reunion Committee: Diane King

If you are interested in planning a reunion, or would like to RSVP for your reunion, contact Alumni House at 905-525-9140, ext. 23900 or alumni@mcmaster.ca. You may also reach us toll free at 1-888-217-6003. The McMaster Alumni Association is now on Twitter, YouTube, and Facebook. To get connected, visit us at www.mcmaster.ca/ual/alumni.