


OCTOBER 2024

EDITION #11



BOOTS on the Ground

BE WHAT THE WORLD NEEDS



Creating cutting-edge health knowledge for rural and agricultural people to make a difference!

OUR MISSION:

We move rural health research to action through programs and resources to support rural people to live and work healthy and safe.

OUR VISION:

A world where rural people are understood as the basis of rural sustainability.

OUR STRATEGY:

We are a developer, collaborator, source, connector, and catalyst to advance research, knowledge mobilization, and services in the health and safety of rural and agricultural populations.

OUR VALUES:

Partnering. Collaboration. Innovation.
Commitment. Sharing. Impact.

The Canadian Centre for Rural and Agricultural Health is an embodiment of research to action in the health and safety of rural and agricultural populations. To learn more about who we are and the impact of our work, check out the video below!



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

CCHSA-CCSSMA.USASK.CA

▶ ▶ 🔊 3:58 / 4:10

⏸ CC ⚙️ HD 📺 📺 🗑



Follow us ON Social Media!

**Stay informed about the
Centre's activities!**



**Canadian Centre for Rural and
Agricultural Health**



**Canadian Centre for Rural and
Agricultural Health**



@USaskCCRAH



**Canadian Centre for Rural & Ag
Health (@cchsa25)**



CENTRE HIGHLIGHTS



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMA.USASK.CA

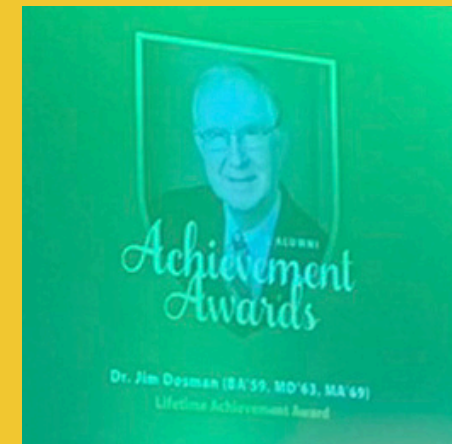
CONGRATULATIONS!

ALUMNI LIFETIME ACHIEVEMENT AWARD



Dr. James Dosman

This achievement is evidence of your exceptional work and dedication to the health of rural and agricultural people.





The 24th International Farm Management Association's Congress

tours of the Centre - July 11th, 2024



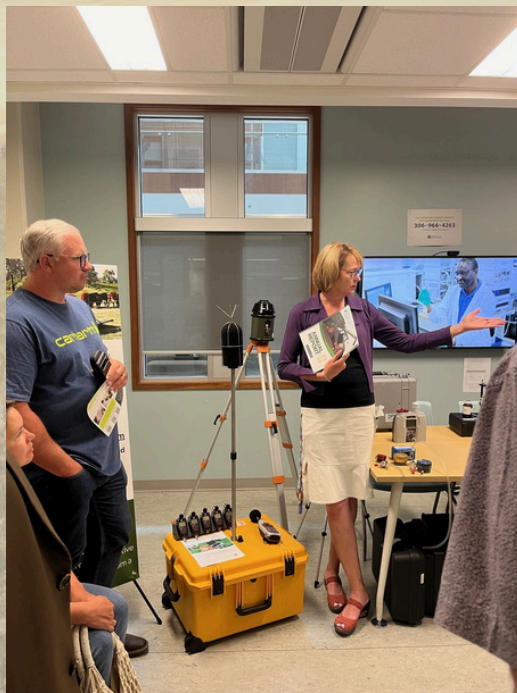
Thanks for stopping by!





SARM Board of Directors tour the Centre

July 17th, 2024



Ag in Motion™

Western Canada's Outdoor Farm Expo

July 16 - 18, 2024

CCRAH had an impactful presence at Ag in Motion this year, connecting with industry, community, and academic partners!

The Agricultural Health and Safety Network returned to show in partnership with SunSmart Saskatchewan to provide resources and sun safety knowledge for everyone!

The Shoulder Health and Ergonomics Research Group attended the show for the first time to recruit participants for their farm shoulder study. This study looks at the impact of upper body injuries while doing farm tasks like using a drill, shoveling, and carrying a heavy sack while climbing an air seeding cart. Thank you to Morris Equipment for supporting our research and sharing a space with us!






[Click here to read the USask News article!](#)




in partnership with:





Musculoskeletal Health & Ergonomics Lab




UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural and Agricultural Health
CCRA - CCSMA.USASK.CA


FARM SHOULDER STUDY

PARTICIPANTS NEEDED

We are researching how farm work tasks are related to shoulder injuries.
Participation would take around 30 minutes.



PARTICIPANTS RECEIVE A TIM HORTON'S GIFT CARD!



LEARN MORE!

This research study is approved by USask Research Ethics Board



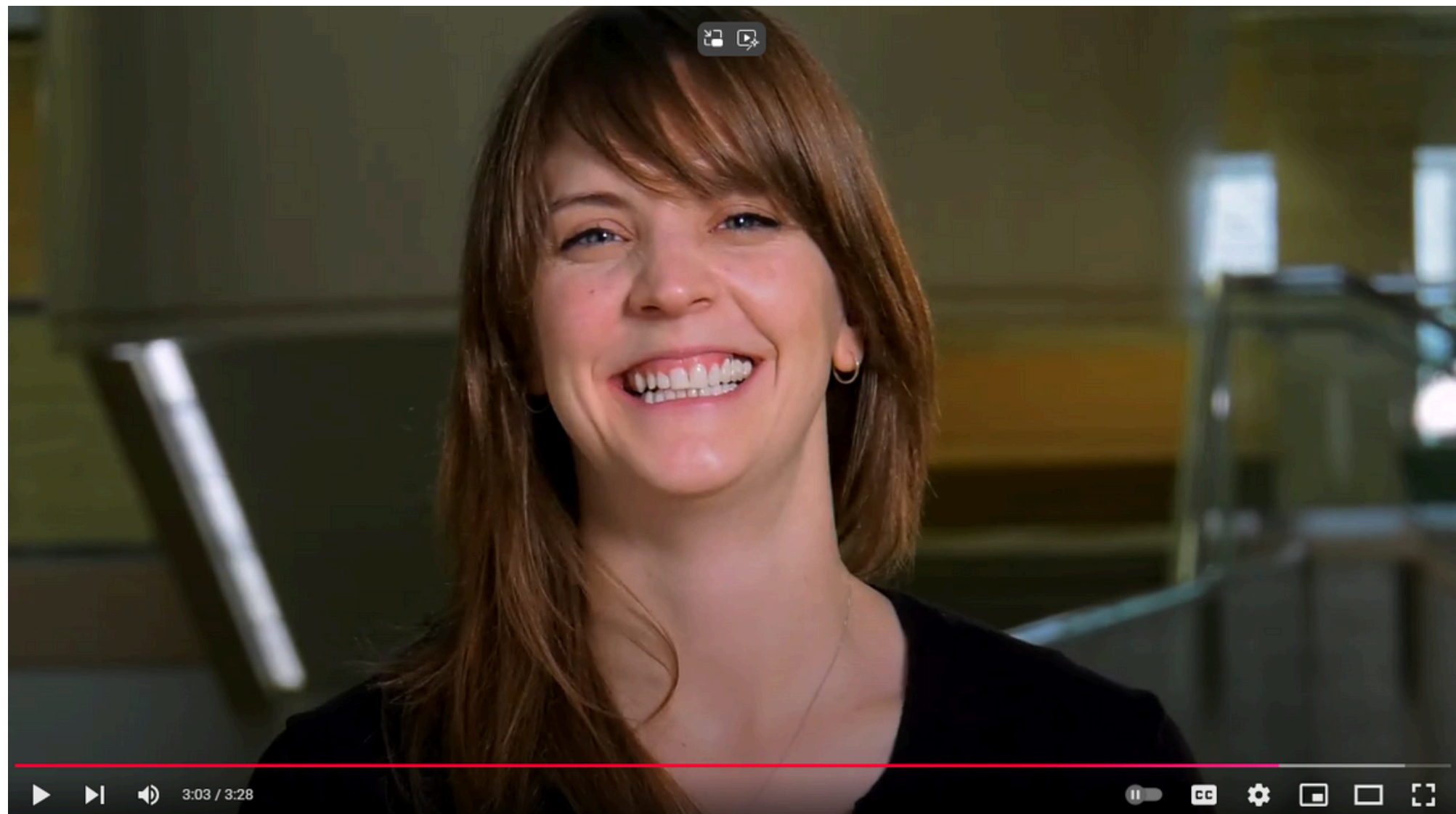
Thank you for participating in our research study!
Read the USask article here!



Special thanks to Morris Equipment



Dr. Lang's and SHER group research was highlighted in the latest "Research by the Numbers" video by the University of Saskatchewan's Office of VP Research (July 2024)



Congratulations to Myra Martel, Bernardo Predicala, Shelley Kirychuk, Roger Bolo, Yingie Yang, Brooke Thompson, Huiqing Guo and Lifeng Zhang! They received the Superior Paper Award in Plant, Animal, and Facility Systems Technical Community from the American Society of Agricultural and Biological Engineers for their paper entitled “Improving Air Quality in Broiler Rooms Using an Electrostatic Particle Ionization System” at the ASABE Annual International Meeting in Anaheim, CA in July 2024.





**WIM
WIN**
SASKATCHEWAN



**Congratulations on a successful
#MYP2024 #MineYourPotential
conference!**

**We were delighted to learn alongside
and meet so many colleagues in the
Saskatchewan mining industry**

BeGrainSafe



CASA | ACSA
CANADIAN AGRICULTURAL SAFETY ASSOCIATION
ASSOCIATION CANADIENNE DE SÉCURITÉ AGRICOLE

August 12-18

CCRAH and AHSN have been a long-time partner and supporter of the Canadian Agricultural Safety Association (CASA) and the BeGrainSafe initiative. We supported this national week of grain safety by sharing resources, drawings, and safety knowledge about fatal injury prevention.

To learn more about BeGrainSafe and about CASA, [check out their website here!](https://www.casa-acsa.ca/BeGrainSafe-Week)


 Canadian Centre for Rural and Agricultural Health
@USaskCCRAH

#BeGrainSafe Week is a great time to brush up on grain safety knowledge. Learn about grain handling and storage hazards with this FREE online training course: bistrainer.com/store/canadian...




BeGrainSafe
UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural and Agricultural Health
CORA-CCSMA-USASK-CA
CASA | ACSA

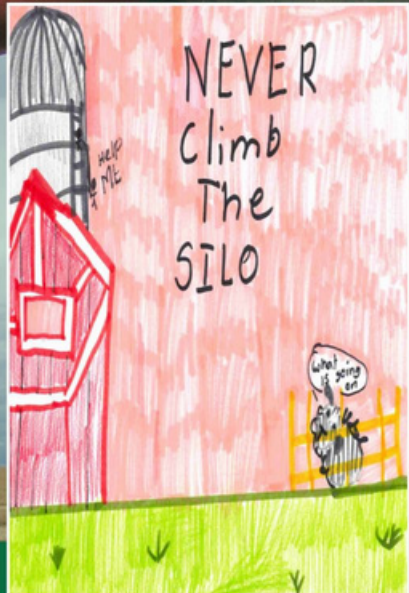
DON'T CRAWL IN THE GRAIN BIN



Do not enter a grain bin unless you can stand on the floor.




UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural and Agricultural Health
CORA-CCSMA-USASK-CA



NEVER Climb The SILO

No one should ever climb a grain bin without protection equipment

Falls from heights are a leading cause of injuries and fatalities in the workplace



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural and Agricultural Health
CORA-CCSMA-USASK-CA

 Canadian Centre for Rural and Agricultural Health
@USaskCCRAH

Why is grain safety so important? Because once you're trapped in grain, it's virtually impossible to get out on your own. Learn more about #BeGrainSafe and grain safety at casa-acsa.ca/BeGrainSafe-Week...
[@planfarmsafety](https://twitter.com/planfarmsafety) [@usask](https://twitter.com/usask) [@USaskMed](https://twitter.com/USaskMed) [@USaskHealthSc](https://twitter.com/USaskHealthSc)



BeGrainSafe
UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural and Agricultural Health
CORA-CCSMA-USASK-CA
CASA | ACSA

Welcome to the Centre



Amanda Dupperon

RaDAR welcomes PhD student Amanda Dupperon!

Amanda Dupperon is a Public Health and Preventive Medicine resident and a trainee in the Clinician Investigator Program, a specialized pathway designed to support residents in pursuing careers in health research. She will be completing a PhD under the supervision of Drs. Julie Kosteniuk and Allison Cammer. Amanda's research will explore different perspectives on advance care planning for individuals with dementia, specifically looking at nutrition and hydration-related decisions.



Kendra Usunier

MHAC welcomes PhD student Kendra Usunier!

Welcome to Kendra Usunier, PhD student (Co-supervisors – Drs Katie Crockett and Brenna Bath), Bridging Access to Physiotherapy Care Gaps for Saskatchewan Mothers. Kendra brings with her a wealth of experience and eagerness to learn. She is a physiotherapist focused in the areas of musculoskeletal care and women's health. She has taught at the university since 2015 in the Master of Physical Therapy program and is currently the Program Director for Continuing Education in Rehabilitation Science, a unit within the School of Rehabilitation Science.



Briana Bowes

MHAC welcomes MSc student Briana Bowes!

Welcome to Briana Bowes, graduate student at the College of Medicine, University of Saskatchewan, pursuing a Master of Science in Health Sciences. Her master's research project, titled “Needs and Experiences of Saskatchewan First Nations Communities with Virtual Care: A Community-Directed Assessment,” involves collaboration with the Federation of Sovereign Indigenous Nations (FSIN) e-Health to conduct a First Nations-specific virtual care survey for patients, health administrators, and clinicians. This work aims to support the development of equitable, high-quality virtual care services for First Nations peoples in Saskatchewan, ensuring community leadership and compliance with OCAP® principles. Since 2020, Briana has held several roles at the University of Saskatchewan, including working with the Canadian Institutes of Health Research – Institute of Indigenous Peoples’ Health and serving as a research assistant in the School of Rehabilitation Science with Dr. Stacey Lovo and Dr. Brenna Bath. She has contributed to multiple studies focused on improving access to rehabilitation services for people in rural and remote communities in Saskatchewan through the use of Remote Presence Technology (RPR). Briana currently works at the Virtual Health Hub as a program and research coordinator under the leadership of Dr. Ivar Mendez.



Rebecca Sawatsky

MHAC welcomes MSc student Rebecca Sawatsky!

Welcome to Rebecca Sawatsky, MSc in Health Science student (Co-supervised by Dr. Stacey Lovo and Dr. Brenna Bath). Her master's project, titled "First Nation and Métis Community Needs for Rehabilitation of Total Joint Replacements," focuses on addressing the rehabilitation needs of Indigenous communities in Saskatchewan. Since 2021, Rebecca has worked as a research assistant for the School of Rehabilitation Science with Dr. Stacey Lovo and Dr. Brenna Bath. She has contributed to several studies, including those on Remote Presence Robot (RPR) technology, improving healthcare access for people living in rural and remote communities, postpartum maternal health, and osteoarthritis programming.



Brayden Lockinger

MHAC welcomes Research Assistant Brayden Lockinger!

Welcome to Brayden Lockinger, College of Kinesiology undergraduate student and research assistant. Brayden has worked as a research assistant under the supervision of Dr. Stacey Lovo since 2022, focusing on access to healthcare services for neuropathic pain in rural and Indigenous communities using remote presence robotics (RPR). Brayden has contributed to various projects including physical therapy education using virtual reality, improving access to rehabilitation services using RPR technology, creating more equitable opportunities for health...

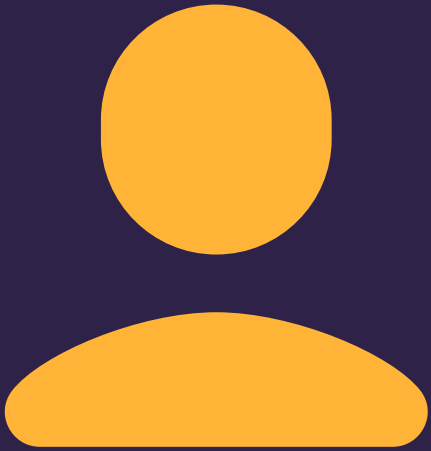


Brayden Lockinger

MHAC welcomes Research Assistant Brayden Lockinger!

Welcome to Brayden Lockinger, College of Kinesiology undergraduate student and research assistant. Brayden has worked as a research assistant under the supervision of Dr. Stacey Lovo since 2022, focusing on access to healthcare services for neuropathic pain in rural and Indigenous communities using remote presence robotics (RPR). Brayden has contributed to various projects including physical therapy education using virtual reality, improving access to rehabilitation services using RPR technology, creating more equitable opportunities for Indigenous peoples in education and healthcare, and increasing access to chronic back pain services in rural and remote areas.

The OHH lab welcomes Manpreet Kaur!



“My name is Manpreet Kaur, and I recently joined Dr. Shelley Kirchuk's research team as a research assistant. I earned my master's degree from the College of Medicine in the Department of Academic Family Medicine, where my research focused on the associations between reproductive hormone production and musculoskeletal health during the menopause transition.

I am passionate about contributing to research that addresses women's health and mental health, particularly their interconnectedness. My enthusiasm for clinical research motivates me to engage in studies that can foster evidence-based practices and enhance patient care.

Outside of my academic endeavors, I enjoy participating in community outreach initiatives and exploring the outdoors.” - Manpreet

SHER Lab welcomes Sara Sagen!

Sara Sagen is a new Master's student in the SHER Lab. She completed her BSc in Kinesiology, during which she completed an Honour's Project with Dr. Lang.



Sara Sagen



Dr. Kenzie Friesen

SHER Lab welcomes Dr. Kenzie Friesen!

Dr. Kenzie Friesen started as a Postdoctoral fellow in CCRAH this September. Kenzie was awarded CIHR Postdoctoral Fellowship and will continue to study shoulder biomechanics in different populations in the SHER Lab.



Leonardo Mauad

SHER Lab welcomes Leonardo Mauad!

Leonardo Mauad is a Visiting PhD Student from São Paulo University. Leo will be in CCRAH for a year working with Dr. Lang. His project is exploring the upper body postural exposures for ultrasound sonographers using remote and conventional ultrasound.

Faculty, Staff and Student News

Congratulations!



Congratulations to Dr. Roman Koziy on successfully defending his PhD! Dr. Koziy, a member of the Centre's Mass Spectrometry Laboratory for Omics Research and co-supervised by Dr. Elemir Simko and Dr. George Katselis, defended his PhD thesis entitled "Biomarkers for the eradication of infection in equine septic arthritis" on May 29, 2024.



Congratulations to Tejvir Binopal on successfully defending his MSc! Tejvir Binopal, a member of the Centre's Occupational Hygiene and Environmental Exposure Laboratory and supervised by Carey Simonson, defended his MSc thesis entitled "Aerosol transfer through semi-permeable membranes used in membrane energy exchangers" on September 24, 2024.



Congratulations to Dr. Jake Ursenbach on the successful defense of his PhD dissertation in the Department of Psychology and Health Studies! PhD dissertation: “Improving Cognitive Assessment in the Context of Rural Dementia Diagnosis.” Supervisor: Dr. Megan O’Connell. Defense date: July 16, 2024.



Congratulations to Dr. Karl Grewal on the successful defense of his PhD dissertation in the Department of Psychology and Health Studies! PhD dissertation: “Integrating Cognitive Rehabilitation and Technology for Individuals with Memory Concerns.” Supervisor: Dr. Megan O’Connell. Defense date: June 28, 2024.

Establishment Grant

2024-25 Recipient

Julie Kosteniuk

University of Saskatchewan

Exploring opportunities to
increase rural primary care
readiness for dementia care



Total value of research investment: \$149,909

#SHRFcapacity



Establishment Grant

2024-25 Recipient

Charlene Thompson

University of Saskatchewan

Improving Immunization Services and Health Outcomes for Children and Families in the Saskatchewan Health Authority



Total value of research investment: \$149,999

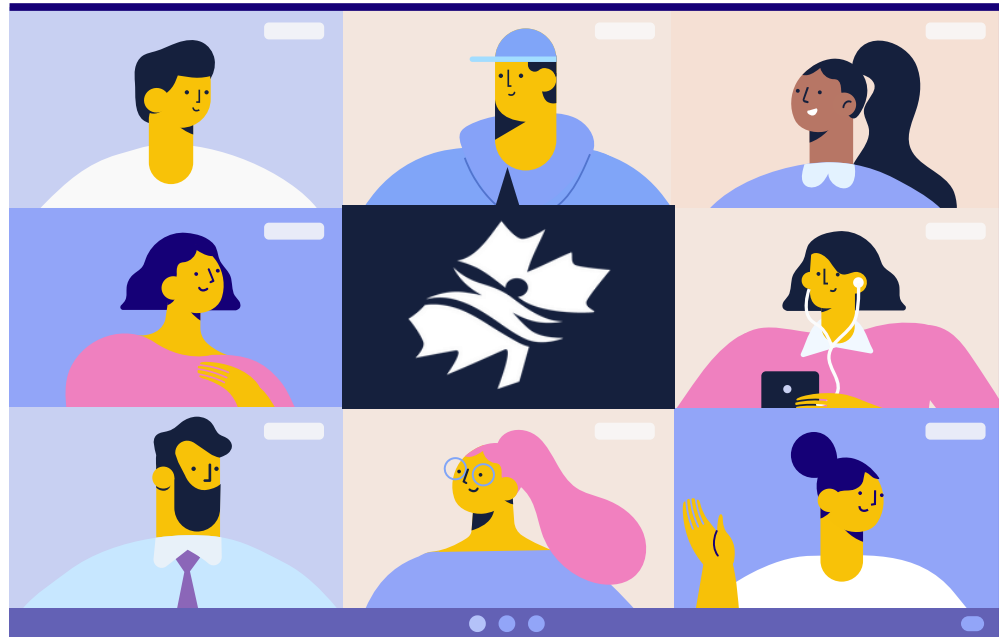
#SHRFcapacity



Seminar Series

CCRAH 2024

Seminars are held every other Tuesday during the academic term from 2:30 pm - 3:30 pm. They are conducted both online via Zoom and in-person at the Centre.



The Centre's rural and agricultural health seminar series invites speakers affiliated with the Centre, other departments at U of S, and other invited guests to discuss current rural and agricultural health related issues.

If you wish to present or attend our seminar series, please contact:

Dr. Angelica Lang
angelica.lang@usask.ca

Check out the seminar schedule on our website!

PROGRAMS AND SERVICES

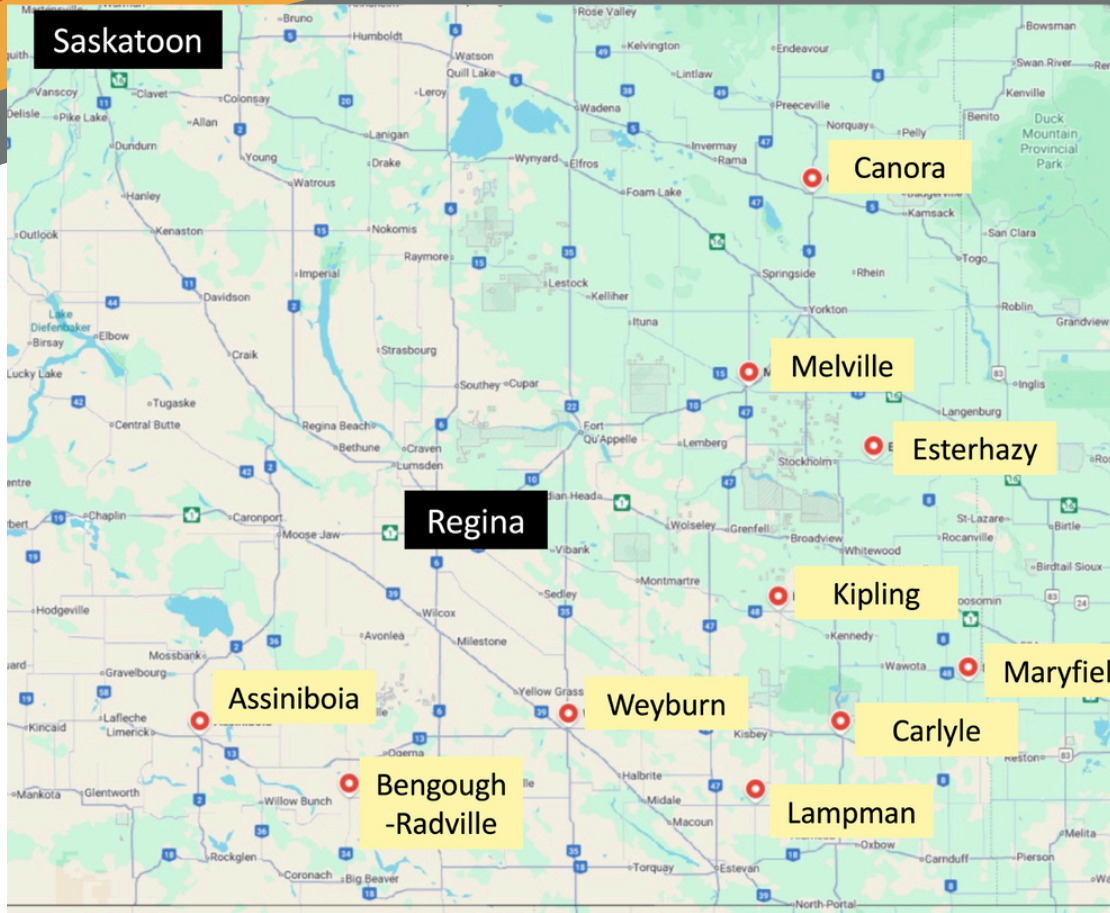
RURAL AND REMOTE MEMORY CLINIC (RRMC) - [Visit our website](#)



RRMC team members November 2023
-image credit Debra Marshall

About the RRMC: The RaDAR team implemented the specialist RRMC in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment and feedback on one day, and uses Telehealth videoconferencing for follow-up appointments. We've implemented what we learned during the pandemic and offer appointments, when appropriate, via web-conferencing to lessen travel burden. The specialist RRMC was started as a research project and now receives funding from the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents.

RaDAR RURAL MEMORY CLINICS (RMCs) - RMC website



ABOUT THE RMCs: RaDAR Primary Care Memory Clinics are currently provided by primary health care teams in the rural Saskatchewan communities of Kipling, Bengough, Weyburn, Carlyle, Maryfield, Lampman, and Esterhazy. Three more communities plan to offer memory clinics in the coming months. A new memory clinic team has been established in Canora, co-led by a physician and NP. After receiving training earlier this year, team members shadowed the Esterhazy memory clinic

team over a 3-month period and are currently planning for their first clinic in October. A new memory clinic team led by a local NP has also formed in Assiniboia. Over the last several months, team members have received training and shadowed the nearby Bengough memory clinic. The first Assiniboia memory clinic will take place in October. In Melville, a new memory clinic team led by a local NP will receive training this fall.

What's been happening lately at the RaDAR rural memory clinics? Let's hear from Chelsie on the ground!



- There were 10 memory clinics held in 6 communities between June 1st and September 30th where teams met with a total of 19 patients and families. All patients were new patients.
- On August 20, the RaDAR

Team held a PC-DATA information session for the new Assiniboia Team. Dr Dallas Seitz presented on behalf of the RaDAR team to explain the flow sheets that he created for the rural memory clinics. Dr Debra Morgan completed the information session with some videos and details to show the flow of the clinics. The Assiniboia team plans to hold their first clinic in November this year!

- Chelsie Cameron, RaDAR Research Assistant



RaDAR Rural Primary Care Memory Clinics

RaDAR memory clinics meet a need for dementia care close to home



1-day memory clinics
have been established
in 9 communities:



BENEFITS

- **Team-based interprofessional care.** Teams are led by a family physician or nurse practitioner and may include home care, social work, occupational therapy, physical therapy, pharmacy, dietitian, and Alzheimer Society First Link Coordinator.
- **Resources.** We ensure teams receive necessary tech resources. Teams use EMR templates for patient assessments that are based on Canadian consensus guidelines for dementia diagnosis and treatment.
- **Ongoing support.** Teams receive shadowing opportunities, peer mentorship, operational support, training, and continuing education on dementia-related topics. The specialist RaDAR Rural and Remote Memory Clinic in Saskatoon offers additional assessment and interventions for patients/families.

Kipling, Weyburn, Bengough, Carlyle, Maryfield, Lampman, Esterhazy, Canora, and Assiniboia



Esterhazy Memory Clinic Team

Clinic video



Family physician testimonial: "My RaDAR clinic allows patients with suspected cognitive impairments to receive assessment close to home and develop relationships with their local allied health professionals. RaDAR is an essential service that provides caregivers and families with a roadmap to support their loved one through a challenging and sometimes unpredictable illness experience."

(Dr. Jared Oberkirsch, Weyburn Family Physician)

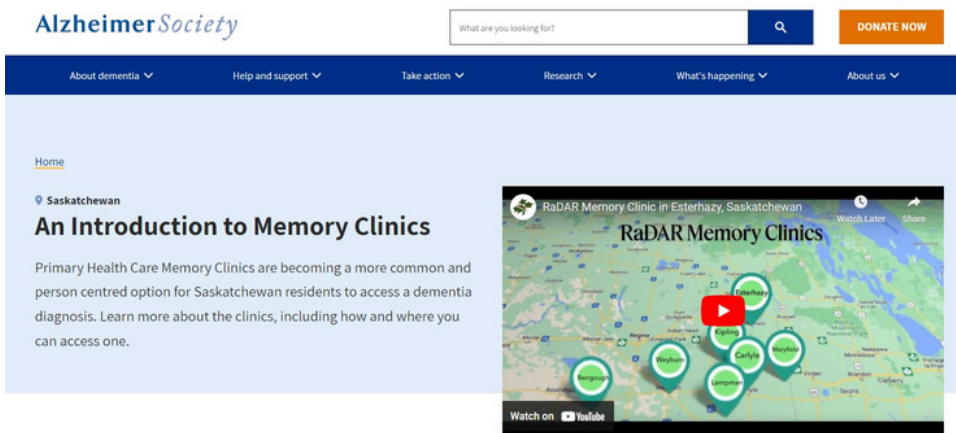
Care partner testimonial: "It was a positive experience, from the start through to the finish. And the lead physician was so respectful of my dad... And everyone was just so professional and so patient with him. And always seeking his understanding at all of the juncture points too. So again, leading to a very positive experience." (Care Partner)



Weyburn Memory Clinic Team

We are continuing to spread the rural primary care memory clinics. If you or someone you know might be interested and want to learn more, please contact **Debra Morgan - debra.morgan@usask.ca**.

Alzheimer Society



The screenshot shows the Alzheimer Society website interface. At the top, there is a search bar with the text "What are you looking for?" and a "DONATE NOW" button. Below the search bar is a navigation menu with links for "About dementia", "Help and support", "Take action", "Research", "What's happening", and "About us". The main content area features a video player titled "An Introduction to Memory Clinics" with a red play button. The video player shows a map of Saskatchewan with several green location markers. The text below the video reads: "Primary Health Care Memory Clinics are becoming a more common and person centred option for Saskatchewan residents to access a dementia diagnosis. Learn more about the clinics, including how and where you can access one."

Alzheimer Society of Saskatchewan have created a user-friendly Introduction to Memory Clinics on their website. This introduction explains how Primary Health Care Memory Clinics were established to provide a person-centred option for Saskatchewan residents in rural communities to access a timely and accurate dementia diagnosis. The website provides information on the clinics, including how and where you can access a Memory Clinic, what happens after you are referred to a Memory Clinic, and what happens during a Memory clinic.

The Annual Summit of the Knowledge Network
in Rural and Remote Dementia Care
Online: Nov 26 & 27 – by invitation



2024 Keynote:
Dr. Debra Morgan

Summit 2024 registration has begun. Space is limited for the online annual Summit meeting in November, if you're not on our invitation list contact Debra Morgan through our webpage.

To learn more about the online sessions, or have questions about the event, check out the "Upcoming: Summit 2024" page on our website!



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMA.USASK.CA

AGRICULTURAL HEALTH AND SAFETY NETWORK

Stronger Together in Agricultural Health and Safety

[Visit our website!](#)



1998 - 2024

aghealth.usask.ca

In 1998, the Agricultural Health & Safety Network began as a joint venture with the Saskatchewan Association of Rural Municipalities (SARM) and six Saskatchewan Rural Municipalities. The Network functions as part of the Centre's rural extension division and grew to 194 RMs as of October 2024. Health and safety information and programs are delivered to over 22,000 Saskatchewan farm families - more than half of all the farm families in Saskatchewan. Member RMs can request to host a Clinic, Discovery Days, or presentation/outreach in their rural communities.

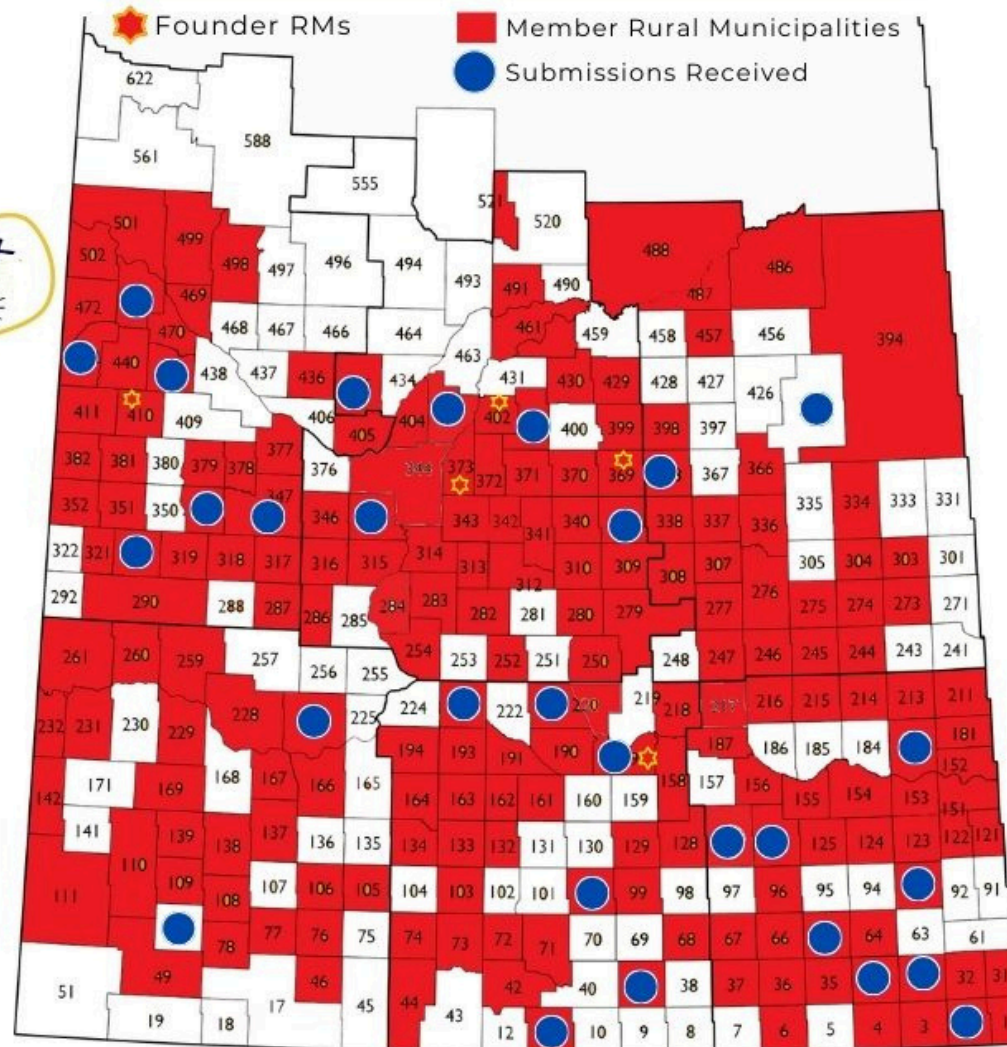


Children's Farm Safety Drawing Contest

April 15 - August 15, 2024



262 FARM SAFETY POSTERS from Rural School Kids Across Saskatchewan!



The Network ran its first annual Farm Safety poster drawing contest with amazing results! We received 262 entries from students aged 5-8 and 9-13, from all across Saskatchewan.

The most popular category was machine safety, followed by animal safety, grain safety, and sun safety.

The posters are hanging in our front hallway. Stop by to enjoy them!

Congratulations to Elisse Koch from Marsden (9-13) and Paisley Willford from Coronach (5-8) for their winning posters.

All of the drawings submissions are displayed in the front hallway of the Centre.



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMA.USASK.CA



The Agricultural Health and Safety Network

STRONGER TOGETHER
IN AGRICULTURAL HEALTH & SAFETY



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMALUSASK.CA

FALL 2024 EDITION #55



Network News

THE NETWORK: Providing agricultural occupational health and safety information and programs to Saskatchewan farm families since 1988.



As the harvest season kicks into high gear, it is important to focus not just on getting the crop off but also on your own well-being. Managing fatigue and stress is key during these busy times. Long hours and heavy workloads can take a toll, so remember to take regular breaks, stay hydrated, and support one another. With the increased demands of harvest incidents are more likely to occur. This edition of the Network News provides a basic first aid equipment checklist and information.

The feature article in this edition of the Network News, "The Recovering Farmer: A Journey through the Labyrinth of Anxiety & Depression," sheds light on the emotional challenges farmers can face and offers guidance on seeking support and maintaining mental health.

We are also highlighting the importance of farm safety this harvest season (and always!) including grain safety awareness, and topics/ideas on farm safety meetings during harvest. Together, let's make this harvest season productive and safe!

The Network News

IN THIS ISSUE

- 2/3 Managing Fatigue & Stress during Harvest
- 4/5 Emergency Preparedness: First Aid
- 6 Kids Activity Page
- 7 Harvest Hazards on the Farm
- 8/9 The Recovering Farmer: An Interview with Gerry Friesen
- 10/11 Grain Safety Awareness During Harvest and Farm Safety Meetings During Harvest
- 12/13 Farm Safety Meetings During Harvest
- 14 Emergency Preparedness: Essentials
- 15 Back to Ag Program

FALL 2024

Return undeliverable Canadian addresses to: 104 Clinic Place Saskatoon, Saskatchewan S7N 2Z4

Network News

New Edition

The Fall 2024 edition of Network News has been published!

During the harvest season, it is important to focus not just on getting the crop off but also on your own well-being. Managing fatigue and stress is key during these busy times. Long hours and heavy workloads can take a toll, so remember to take regular breaks, stay hydrated, and support one another. With the increased demands of harvest incidents are more likely to occur.

To read the latest edition of the Network News,
[Click here!](#)

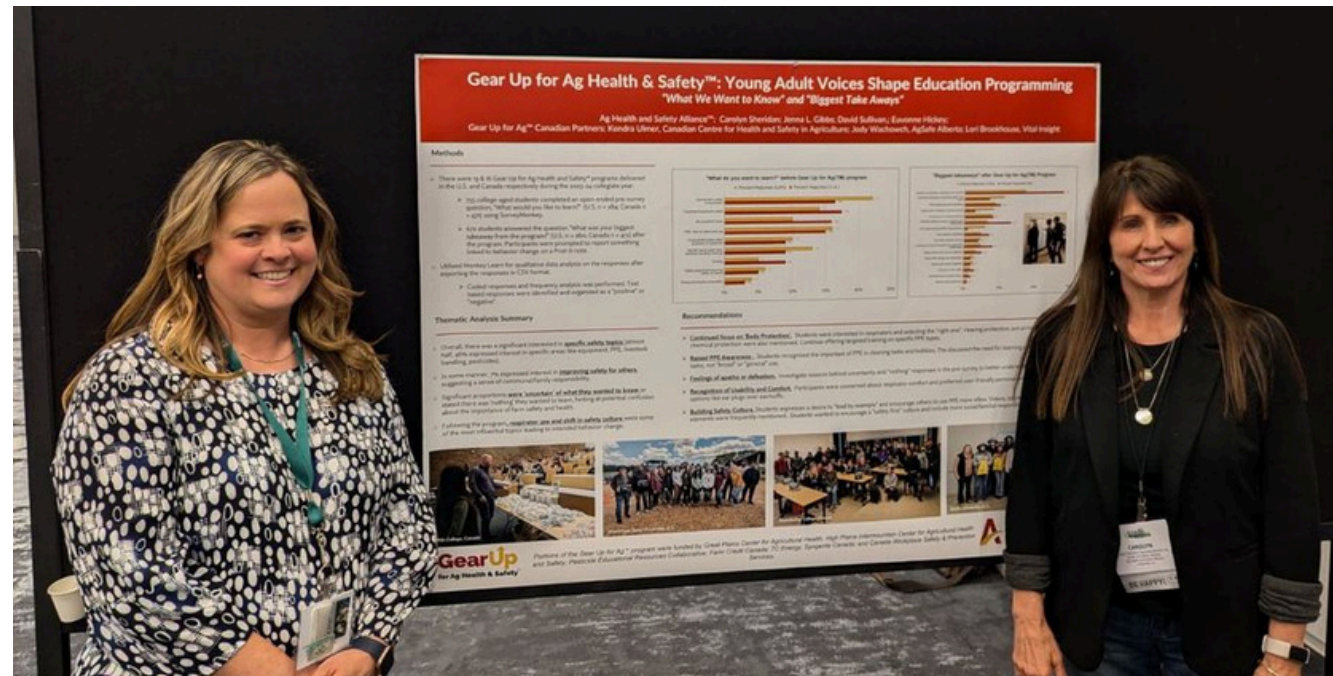
ISASH Conference 2024

June 17 - 20, 2024



The Network attended the ISASH 2024 conference in Portland in partnership with the the Ag Health and Safety Alliance™!

The Network and the Canadian Centre for Rural and Agricultural Health partnered with the Ag Health and Safety Alliance™ to showcase our partnership in Gear Up for Ag™ program as well as highlighting programs, outreach and research of each respective organization.



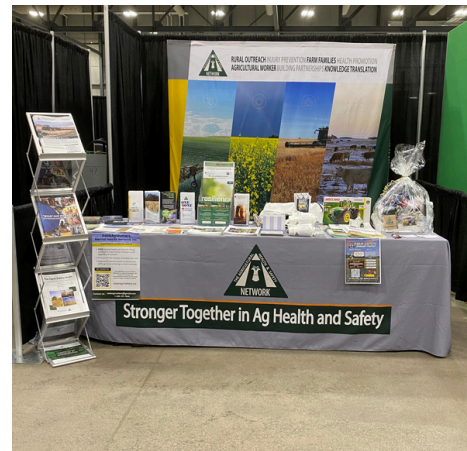
Canada's Farm Show

June 18-20, 2024

Canada's Farm Show is an annual showcase for innovation in agriculture.

CFS was a perfect opportunity to showcase our new Farm Fatalities in Saskatchewan video. The video showcases statistics about on-farm fatalities from 1990-2019. It is also available on our YouTube site.

In 2025, CFS is moving to March, to reach a larger audience before the onset of seeding in western Canada.



Presented by **VITERRA**

Weyburn Fair - Ag Safety Zone

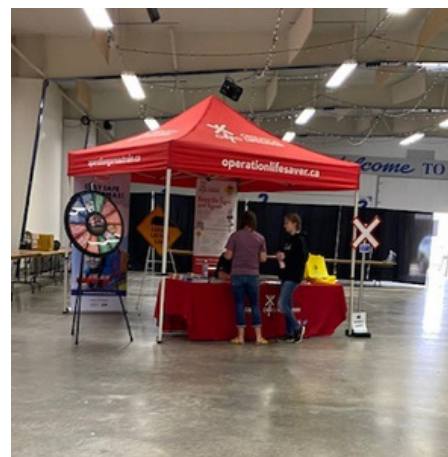
July 5, 2024

.....

The 115th annual Weyburn Fair Days hosted an Ag Safety Zone as part of exhibition hall. Put on by the Weyburn Agricultural Society, the society believes in both entertaining and educating youth. The Agricultural Health and Safety Network was on hand with demonstrations about farm safety.

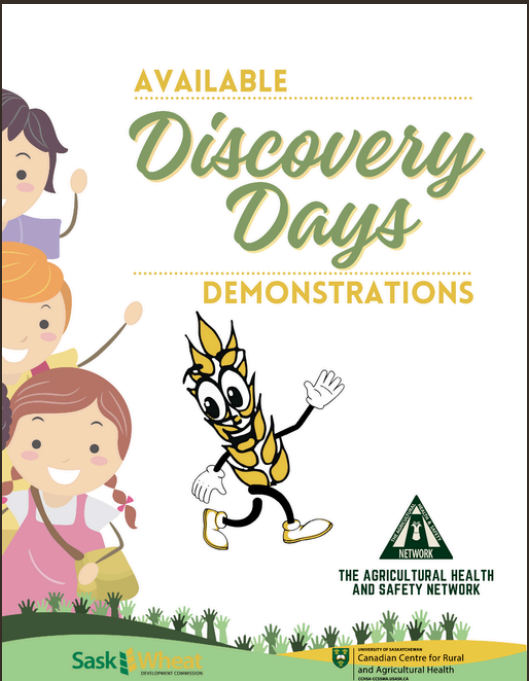
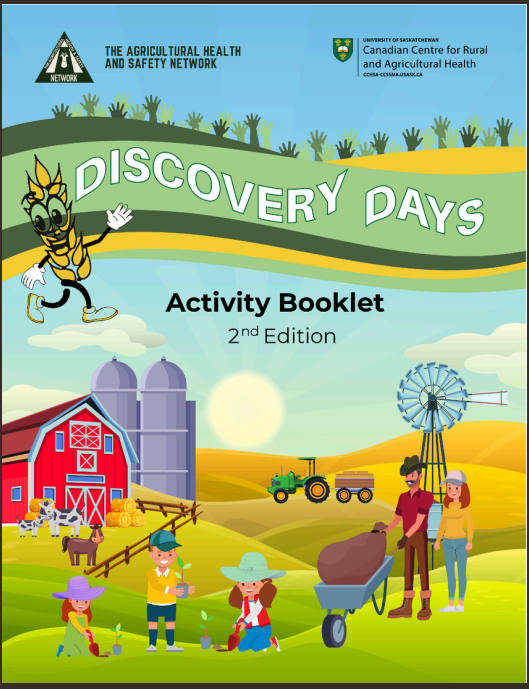
While it may be hard to compete with the midway, trick riders, and rodeo events, there was a steady stream of kids happy to take time to do some of the fun hands-on demonstrations and learn a bit more about farm safety from our Discovery Days experts.

.....



DISCOVERY DAYS

Agricultural Health and Safety Network



What is Discovery Days?

Discovery Days is an educational program to raise awareness among Saskatchewan farm children of the hazards and risks of living on a farm and how to recognize and avoid those risks. Through presentations and hands-on training at Discovery Days, kids will learn about farm machinery hazards, health and safety, animal safety, and so much more!

LEARN MORE ABOUT



DISCOVERY DAYS

ON OUR WEBSITE!





THE AGRICULTURAL HEALTH
AND SAFETY NETWORK



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMA.USASK.CA



DISCOVERY DAYS

Activity Booklet

2nd Edition



Discovery Days

Activity Booklet

2nd Edition

The Agricultural Health and Safety Network developed a 2nd Edition of our Discovery Days Activity Booklet! This booklet is given at our Discovery Days presentations to teach kids about agricultural health and safety.

The new edition of the Discovery Days Activity Booklet is now on our website! You can download the booklet via the button below!

Hi, I'm Todd! I come along to all the network's Discovery Days presentations at your schools. I love to share farm safety tips with children and to remind them that safety is an everyday task. Cannot wait until we meet again!



Recent Discovery Days Presentations:

- Wakaw School, RM of Fish Creek No. 402, Div. 5
- Kelliher School, RM of Kellross No. 247, Div. 4
- Classical Conversations, RM of Usborne No. 310, Div. 5



6 Presentations
at 3 Schools in 3 RMs to
108 Students



1062.5 KMs
travelled in July, August
and September of 2024 for
Discovery Days!



AGRICULTURAL SAFETY DISCOVERY DAYS

BOOK NOW

Call:

306-966-6644

or

E-mail:

shs954@mail.usask.ca



ONE 2ONE

**RESPIRATORY & HEARING
CLINICS FOR FARMERS**

What are ONE2ONE Clinics?

ONE2ONE Health and Safety Clinics for farmers assess respiratory or hearing health for farmers, families, and farm workers. The clinics are held either at our Network clinic at USask campus or in your local RM. Through this service, we are empowering farmers to enhance their health and safety.

Interested in hosting a hearing or respiratory clinic for your farm families?

Contact (306) 966 - 6643 or via email



Recent ONE2ONE Clinics

- Turtleford, RM of Mervin No. 499, Div. 6
- Rocanville, RM of Rocanville No. 151, Div. 1
- Griffin, RM of Griffin No. 66, Div. 1

RESEARCH

FUNDING, PUBLICATIONS & PRESENTATIONS

Occupational Hygiene and Health Laboratory - [Visit our website!](#)

Publications

- **Movasaghi, M., Heydari, M. M., Schwean-Lardner, K., Kirychuk, S., Thompson, B., & Zhang, L. (2024).** Investigating Cold Plasma Jet Effectiveness for Eggshell Surface Decontamination. *Food Control*, 168: 110928.

Presentations

- **Bolo R, Martel M, Predicala B, Guo H, Thompson B, Kirychuk S, Zhang L.** Decontamination of a Swine Transport Trailer Using an Electro-nanospray System. CSBE-SCGAB AGM and Technical Conference, Winnipeg, MB, July 2024.
- **Bolo R, Martel M, Predicala B, Guo H, Thompson B, Kirychuk S, Zhang L.** Advanced Surface Decontamination using Engineered Water Nanostructures (EWNS) from Electro-nanospray Technology. 2024 ESA Annual Meeting, Ottawa, ON, June 2024.
- **Clouet-Côté V, Larios D, Godbout S, Fournel S, Predicala BZ, Kirychuk S, Thompson B, Nolting C, Létourneau V.** Transition from caged to group housing for gestating sows in Canada: evaluation and improvement of air quality. ASABE Annual International Meeting, Anaheim, CA, USA, July 28 - 31, 2024

- Lighten up on egg washing: New research uses light source, charged water particles, to wash eggs safely. Canadian Poultry Magazine, September 2024 issue, By Lisa McLean. <http://magazine.canadianpoultrymag.com/publication/?m=1191&i=827972&p=14&ver=html5>
- A greener, safer way of cleaning eggs, June 25, 2024, manitobacooperator.ca, By Janelle Rudolph, <https://www.manitobacooperator.ca/livestock/a-greener-safer-way-of-cleaning-eggs/>
- New Egg Decontamination Method Preserves Nutritional Quality, June 7, 2024, Farms.com, By Victoria Schramm, <https://www.farms.com/news/new-egg-decontamination-method-preserves-nutritional-quality-211538.aspx>
- New Chemical- and Heat-Free Egg Processing Method Kills Bacteria While Preserving Quality, June 6, 2024, food-safety.com, By Food Safety Magazine Editorial Team, <https://www.food-safety.com/articles/9520-new-chemical-and-heat-free-egg-processing-method-kills-bacteria-while-preserving-quality>
- Ensuring we have safe eggs to eat, Jun 6, 2024, lightsource.ca, By Victoria Schramm, <https://www.lightsource.ca/public/news/2024-25-q1-apr-jun/ensuring-we-have-safe-eggs-to-eat.php>
- Radio Broadcast: The Evan Bray Show - Mehdi Heydari - June 19th, 2024, By Tamara Cherry, <https://iono.fm/e/1452653>

For more information on the laboratory, services we offer, and pricing inquiries:

Please contact our Faculty Lead
Dr. Shelley Kirychuk
shelley.kirychuk@usask.ca

OR contact our Laboratory Manager
Brooke Thompson
brooke.thompson@usask.ca

Our Fees for Service, Publications and Projects can be found on our website!

For more information on the laboratory, services we offer, and pricing inquiries:

Please contact our Faculty Lead
Dr. George Katselis
george.katselis@usask.ca

OR contact our Laboratory Manager
Brooke Thompson
brooke.thompson@usask.ca

Our Fees for Service, Publications and Projects can be found on our website!

FUNDING, PUBLICATIONS & PRESENTATIONS

Mass Spectrometry Laboratory for Omics Research

Publications

- **Koziy R.V., Bracamonte J.L., Katselis G.S., Udenze D., Hayat S., Hammond A., Simko E.** Putative mRNA Biomarkers for the Eradication of Infection in an Equine Experimental Model of Septic Arthritis. 2024. *Veterinary Sciences*, 11(7):299.
- **Tomilin M., Greenfield T., Chumala P., Katselis G.S.** Use of Proteomics for Dietary Reconstruction: A Case Study Using Animal Teeth from Ancient Mesopotamia. 2024. *Journal of Proteome Research*, 23(9):4095-4101.
- **Gheisary Z., Hoja I., Liu J., Papagerakis P., Weber L.P., Fenton M., Katselis G.S., Lieffers J.R.L., Papagerakis S.** Association of Sleep Quality and General, Mental, and Oral Health with Lifestyle Traits (Dietary Intake, Smoking Status) in Arthritis: A Cross-Sectional Study from the Canadian Community Health Survey (CCHS). 2024. *Nutrients*, 15(13):2091.
- **Ahmad P., Marin L.M., Lowe C., Katselis G.S., Siqueira W.L.** Salivary Protein Homology between Humans and Dogs: Mass Spectrometry-based Proteomics Analysis. *Journal of Dentistry*, 142: 104855

Rural Dementia Action Research (RaDAR)



The RaDAR research program has two main streams, the specialist **Rural and Remote Memory Clinic (RRMC)**, and the **Rural Primary Healthcare Memory Clinics**, and is led by Dr. Debra Morgan. The Knowledge Network in Rural and Remote Dementia Care guides the RaDAR research program and includes people living with dementia and family members, front-line health care providers and managers, and other stakeholders including health region representatives, international researchers, and individuals from governmental and community-based organizations. The Network meets at the annual **Rural Dementia Care Summit**, the RaDAR team's key knowledge exchange event.



Members of the RaDAR Team
image credit Debra Marshall



Summit - November 2019

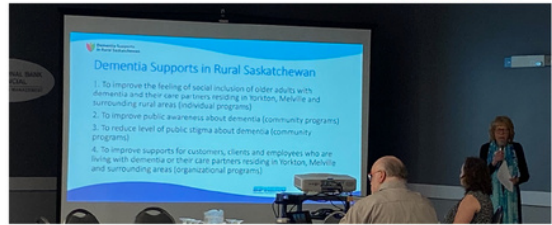


Dr. Andrew Kirk - RRMC
USask Clinic



RaDAR Rural Memory Clinic
- Esterhazy

RaDAR Research News



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Rural
and Agricultural Health
CCHSA-CCSSMA.USASK.CA



Yorkton Wind-up meeting for collaborating organizations hosted by Dementia Supports in Rural Saskatchewan in Yorkton, June 20 2024

Drs. Debra Morgan, Allison Cammer, and Julie Kosteniuk took part in a windup meeting for the 5-year Dementia Supports in Rural Saskatchewan study (PI Dr. Bonnie Jeffery). The federally funded study supported interventions to enhance the social inclusion of persons living with dementia in Yorkton and surrounding areas. Participating projects included the RaDAR Esterhazy Memory Clinic (Lead Dr. Debra Morgan) and Cognitive Kitchen for rural older adults (Lead Dr. Cammer).



In June and July, focus groups were conducted with registered dietitians and memory clinic teams for the project, “Where are the RDs? Exploring the role of Registered Dietitians in nutrition care for persons living with dementia in the community.” Brianna Wickett is the recipient of a USask Interdisciplinary Summer Student Award for the project, co-supervised by Drs. Allison Cammer and Julie Kosteniuk.



Dr. Megan O'Connell

Dr. Megan O'Connell, Rural and Remote Memory Clinic (RRMC) Neuropsychologist and Clinical Director is bringing numerous dementia supports to Saskatchewan. She is the primary investigator on a Saskatchewan Health Research Foundation grant in partnership with the Alzheimer Society of Saskatchewan that is training support group facilitators to use new tools in their work with care partners. Dr. O'Connell is the Nominated Principal Investigator on a national grant to increase support for care partners of Indigenous people living with dementia and is collaborating on a number of other projects with researchers from across Canada. Dr. O'Connell also has a forthcoming book, entitled *How to Live Well with Dementia: Expert Help for People Living with Dementia and their Family, Friends, and Care Partners*. This book was co-authored with Anthea Innes, Carmel Geoghegan, and Phyllis Fehr, and will be released by Routledge on October 8, 2024.

Dr. Allison Cammer, Registered Dietitian, Associate Professor and Director of Dietetics in the College of Pharmacy and Nutrition is an investigator with the RaDAR team whose research program centers on nutrition and dementia. She supervises several students completing graduate research toward their MSc degrees. Dr. Cammer leads The Cognitive Kitchen project which is funded in part by the Saskatchewan Health Research Foundation and the Canadian Foundation for Dietetic Research. The Cognitive Kitchen will run virtual programs in fall 2024. She also leads a project exploring nutrition care at end of life in long-term care homes in Saskatchewan.



Dr. Allison Cammer



**RaDAR Summer 2024
Newsletter has been
released!**

To view the RaDAR Summer
2024 Newsletter please click
below!

SIGN UP FOR THE RaDAR NEWSLETTER!

To join our mailing list, please contact:
Tora Levinton tora.levinton@usask.ca

**Previous editions of the newsletter can be
found on our website!**

Publications

- **Alford, H., Hunter P.V., Cammer A. (2024).** Employee experiences providing nutritional care during the COVID-19 pandemic. Canadian Journal on Aging. Feb 8:1-9. Online ahead of print. <https://doi.org/10.1017/S0714980823000764>
- **Elliot V., Kosteniuk J., O'Connell ME., Cameron C., Morgan D.,** Services for older adults in rural primary care memory clinic communities and surrounding areas: a qualitative descriptive study. BMC Health Services Research. 24:725. <https://doi.org/10.1186/s12913-024-11167-w>

Funding

- **Kosteniuk, J., O'Connell ME, Cammer A, Seitz D, Kirk A, Zorn C, Klapak D, Wiley M, Acan Osman B.** Exploring opportunities to increase rural primary care readiness for dementia care. Saskatchewan Health Research Foundation Establishment Grant. \$149,909. July 2024-June 2027. Role: Principal Investigator

Establishment Grant

2024-25 Recipient

Julie Kosteniuk

University of Saskatchewan

Exploring opportunities to
increase rural primary care
readiness for dementia care



Total value of research investment: \$149,909

#SHRFcapacity





Shoulder Health and Ergonomics Research Laboratory - [Visit our website!](#)



Cameco

CAMECO CORPORATION - MCARTHUR RIVER

The Shoulder Health and Ergonomics Research laboratory recently visited the Cameco Corporation mine in McArthur River on August 13th - 17th. The SHER lab were studying whole-body vibration exposures 640 meters underground! Thank you to Cameco for having us!

FUNDING, PUBLICATIONS & PRESENTATIONS



Publications

- **Lang, A.E. (2024).** Repeatability of two methods for estimating scapular kinematics during dynamic functional tasks. *Journal of Biomechanics*, 176: 112334.
- **Lang, A.E., Chorneyko, A.W.*, Heinrichs, V.M.* (2024).** Comparing and characterizing scapular muscle activations in males and females during execution of common functional movement. *PeerJ*, 12, e17728.
- (Report for Industry) **Balogh, D., Tomilin, M., & Lang, A.E. (2024).** Evaluation of whole body vibration exposure at the MacArthur River mine site. Report for Industry Partner.

Presentations

- **Lang, A.E.** (September 2024). “Shoulder Health and Ergonomics research.” Department of Medicine Grand Rounds, University of Saskatchewan. Saskatoon, SK.
- **Lang, A.E.** (September 2024). Shoulder Health and Ergonomics Research at the University of Saskatchewan, Saskatchewan Mining Association International Health Facility Guidelines Q3 Meeting, Orano, Saskatoon, SK.

- **Lang, A.E.** (June 2024). Insights into shoulder musculoskeletal disorders: methodology and applications of biomechanics, Ontario Tech University.
- Balogh, D.* & **Lang, A.E.** (August 2024). Quantifying trunk and humeral ergonomic risk factors in mine site workers. Canadian Society of Biomechanics Conference, Edmonton, AB.
- Campbell, L.,* Abiara, S.,* & **Lang, A.E.** (August 2024). Time since pain onset and age influence scapular kinematics during an overhead reaching task. Canadian Society of Biomechanics Conference, Edmonton, AB.
- Akinluyu, O.V.,* Balogh, D.,* & **Lang, A.E.** (August 2024). Evaluating the effects of age on upper limb kinematics during high risk farm tasks among Saskatchewan farmers. Canadian Society of Biomechanics Conference, Edmonton, AB.
- Chorneyko, A.,* Heinrichs, V.,* & **Lang, A.E.** (June 2024). Sex differences in scapular muscle activation ratios and kinematics during functional tasks. International Shoulder Group Conference, York University, Toronto, ON.
- Heinrichs, V.* & **Lang, A.E.** (June 2024). The acute effects of lower trapezius activation exercise on shoulder biomechanics during functional tasks: a pilot study of asymptomatic adults. Highlights in Medicine 39th Annual Conference, University of Saskatchewan, Saskatoon, SK.
- Waslen, A.*, Sims, L., Sauder, D., & **Lang, A.E.** (June 2024). How do full wrist fusions affect upper limb kinematics during functional task performance? Canadian Orthopedic Association Conference, Halifax, NS.

- Balogh, D.* & **Lang, A.E.** (June 2024). Exploration of upper limb postural risk factors for injury on a Northern Saskatchewan mine site. International Shoulder Group Conference, York University, Toronto, ON.
- Campbell, L.,* Abiara, S.,* & **Lang, A.E.** (June 2024). Influence of time since pain onset on kinematics in work-related functional tasks. International Shoulder Group Conference, York University, Toronto, ON.



For more information on the laboratory, services we offer, and pricing inquiries:

Please contact our Faculty Lead
Dr. Angelica Lang
angelica.lang@usask.ca

More information about our lab and our current research projects can be found on the **Shoulder Health and Ergonomics Research Lab's website!**

First Nations & Métis Built Environment

The Built Environment crew has been busy, with community trips throughout the summer and fall. The team is working with USask procurement calling for an Indigenous service provider to create a website to serve as a hub for Saskatchewan Indigenous housing supports. The Centre convened a community meeting in Prince Albert in September to provide updates on the sleep health, yoga, and mental health research findings. Communities provided paths forward for policy frameworks and future direction.





The Musculoskeletal Health and Access to Care (MHAC) lab encompasses diverse projects with multidisciplinary researchers that focus on addressing population health burdens of musculoskeletal disorders and understanding unique population needs to improve access to care.

Current projects within MHAC include:

- Collaborating with Indigenous Communities in the Development of Indigenous Language Rehabilitation Materials for the Management of Chronic Back Pain. NPI: Dr. Stacey Lovo
- Expanding Interprofessional Pediatric Rehabilitation in Northern First Nation Communities with a Community-Directed, Team, and Technology Approach. NPI: Dr. Stacey Lovo
- Community-Directed Virtual Care Strategies for the Management of Neuropathic Pain in Remote Indigenous Communities. NPI: Dr. Stacey Lovo
- Bridging Access to Physiotherapy Care Gaps for Saskatchewan Mothers: Experiences of Postpartum Women and Health Care Providers. NPI: Dr. Brenna Bath, Co-PI Dr Katie Crockett
- Feasibility and Acceptability of a Physiotherapist Led Education and Exercise Program for People with Osteoarthritis Awaiting Hip or Knee Total Joint Arthroplasty. NPI: Dr. Brenna Bath



We are now recruiting for our **Bridging Access to Physiotherapy Care Gaps for Saskatchewan Mothers: Experiences of Postpartum Women and Health Care Providers**. We are hoping to recruit mothers from rural and remote Saskatchewan communities. Please see more information about participating in this project below!

Indigenous Language Rehab Materials for Chronic Low Back Pain. We have launched community-directed educational brochures and videos in Indigenous languages. They are available in Cree TH dialect (Knowledge Keeper Sally Sewap), Cree Y dialect (Randy Morin, Larry Keenatch), Northern Michif (Knowledge Keeper TJ Roy), Heritage Michif (Elder Norm Fleury), Dene (Melanie Montgrand, Leona Janvier, Delia Alberg), and Dakota (Knowledge Keeper Melvina Redeagle, Elder Elaine Eagle). Team members included: **Dr. Stacey Lovo** (Faculty, U of S), Dr. Jaris Swidrovich (First Nations Faculty, University of Toronto), Randy Morin (Cree language expert and Faculty, U of S), TJ Roy (Metis Knowledge Keeper, Ile a la Crosse), Sally Sewap (Cree Knowledge Keeper, Pelican Narrows), Leona Janvier and Melanie Montgrand, (Dene language experts, La Loche), **Hailey Brown** (Physical Therapist and PhD student, U of S), **Kendra Usunier** (Director of Continuing Education in Rehabilitation Science, U of S), **Rebecca Sawatsky** (Graduate Student, Health Sciences) and **Briana Bowes** (Research Coordinator, U of S).

Publications

- **Crockett K, Lovo S**, Irvine A, Trask C, Oosman S, McKinney V, McDonald T, Sari N, Carnegie B, Custer M, McIntosh S, **Bath B**. Healthcare provider perspectives on accessing healthcare for chronic low back pain across urban, rural, and remote settings. Health Services Insights (e-pub July 2024) <https://doi.org/10.1177/11786329241265861>
- Dostie R, Dunn H, Marks W, Camden C, **Lovo S**. ((2024). Use of telehealth for pediatric rehabilitation needs of Indigenous children- A Scoping review. International Journal of Circumpolar Health. 83(1):2308944 <https://pubmed.ncbi.nlm.nih.gov/38320112>
- Lafrance S, Santaguida C, Perreault K, **Bath B**, Hébert L, Feldman D, Thavorn K, Fernandes J, Desmeules F One might be enough? Is one enough? The effectiveness of a single session of education and exercise compared to multiple sessions of a multimodal physiotherapy intervention for adults with spinal disorders in an advanced practice physiotherapy model of care: a randomised controlled trial. J of Orthopaedic and Sports Physical Therapy (JOSPT) (e-pub Sept 2024) <https://www.jospt.org/doi/10.2519/jospt.2024.12618>

- **Lovo S**, Imeah B, Sari N, O'Connell ME, Milosavljevic S, Angarita Fonseca A, **Bath B**. (2024). Effectiveness of an interprofessional assessment and management approach for people with chronic low back disorders delivered via virtual care: A randomized controlled trial pilot study. Digital Health. <https://pubmed.ncbi.nlm.nih.gov/38846367/>
- **Lovo S**, Leidl D, **Usunier K**, Paslawski T, Wesolowski M, Puri A, Caron V, Kim S. (2024). Development and Pilot Implementation of a Virtual Reality Teaching Tool in a Master of Physical Therapy Orthopedic Course. Imagining SOTL. 4(1): 39-61.
- Veras M, Sigouin J, Auger, C, Auger L, Ahmed S, Boychuck Z, Cavallo S, Lévesque M, **Lovo S**, Miller W, Nelson, M, Norouzi-Gheidari N, O'Neil J, Perreault K, Urbanowski R, Sheehy L, Singh H, Vicent C, Wang R, Zidarov D, Hudon A, Kairy D. A Rapid Review Protocol of Physiotherapy and Occupational Therapy Telerehabilitation to Inform Ethical and Equity Concerns. Digital Health. (2024).
- Zhang T, Dorion R, Sewap S, Johnson R, Foulds H, Bath B, **Lovo S**. (2024). Community-Directed Assessment of pain in a northern Saskatchewan Cree Community International Journal of Circumpolar Health. 83 (1): DOI: [10.1080/22423982.2023.2300858](https://doi.org/10.1080/22423982.2023.2300858)

Presentations

- **Bath B** (Aug 2024) Bridging Access to Rehabilitation Care through research, leadership, and advocacy. Keynote presentation for Annual Research Day. School of Physical and Occupational Therapy. McGill University
- **Crockett K** (Sept 2024). FAST: Falls Arrest Strategy Training: Moving Research into Community Practice. 6th Annual Community Older Adult Falls Prevention Symposium. NewYork-Presbyterian / Weill Cornell Trauma Center & The Carter-Burden Network
- **Lovo S and Crockett K.** (2024). Working in Partnership with First Nation and Métis Communities to Enhance Access to Rehabilitation Care. Saskatchewan Council on Patient Oriented Research Oversight Committee. Saskatoon
- **Lovo S,** and Bear D. SCOPR (2024) Collaboration with First Nations to Ensure Patient Centered Healthcare and Health Promotion. Saskatchewan Council on Patient Oriented Research. Regina (online)
- Zagrodney K, **Bath B,** Bourcier D, Crown N, Gamble B, Gupta N, Guptill C, Leslie K, N Mashford -Pringle A, Myles S, Simkin S, Sweetman A, Bourgeault I. Co-developing an Inclusive and Integrated Health Workforce Minimum Data Standard for Enhanced Planning and Decision-making in Canada. Canadian Association of Health Service and Policy Research Conference May 2024.
- Lafrance S, Santaguida C, Perreault K, **Bath B,** Hébert L, Feldman D, Thavorn K, Fernandes J, Desmeules F Single session compared to multiple sessions of education and exercise for adults with spinal disorders in an advanced practice physiotherapy model of care: a pragmatic randomized controlled trial. IASP 2024 World Congress on Pain, Aug 2024.

Funding

- **Lovo S** (NPI), Caron V, **Bowes B.** (2024). Enhancing Access to Pediatric Rehabilitation in Remote Northern Saskatchewan – Equipment for Pediatric Clinics. Jim Pattison Children’s Hospital Foundation Equipment Grant. \$83,000
- Mendez I, **Lovo S** (co-PI) Adams S, Demarzo F, Hansen G, Holt T, Bustamante L, McKinney V, Bear D, Royal K, Sparling L (2024). Development of a Culturally Rooted Pediatric Virtual Care Program to Facilitate Access Closer to Home. Saskatchewan Health Research Foundation IMPACT Grant. \$150,000
- **Lovo S** (NPI). (2024). DARE Undergrad Training and Mentorship Award. Understanding Access to Neuropathic Pain Management in Rural and Remote First Nations Peoples. University of Saskatchewan. \$6,000
- **Lovo S** (NPI), Linassi G. (2024). Virtual Care Management of Neuropathic Pain in Rural and Remote First Nation and Métis Peoples. College of Medicine Dean’s Research Project. \$6,000
- Mendez I, Deeson J, **Lovo S**, Kanyuka Zakhar. (2024). Bridging Healthcare Gaps: Implementing Wearable Virtual Care for Wound Management in Remote Northern Saskatchewan. Mitacs Accelerate. \$15,000
- Kim S, **Lovo S** (co-I), Morhart R (2024). Enacting Subjective History Taking Skills in Physical Therapy Students through Generative AI, The Jane and Ron Graham Center for Scholarship in Teaching and Learning ElevatED Grant. \$3,000
- Sarty G, McKinney V, Lovo S, Leader J, Adams S, Pollard M, Wiebe M, Rayan S. (2024). Finding a Needs Based Niche for Specialized Compact MRIs in Northern Saskatchewan First Nation and Métis Communities. Saskatchewan Network Environment in Indigenous Health Research Community Partnership Grant. \$10,000

**Research Participants
Needed**



Participants Needed!

FOR

BREAST CANCER RESEARCH

We are looking for **breast cancer survivors** to take part in a new study to characterize upper limb movements in functional tasks.

ELIGIBLE PARTICIPANTS

MUST:

- Be between 18 and 70 years old
- Have had **mastectomy OR reconstructive surgery** for breast cancer more than 6 months ago
- Be able to safely participate in physical activities
- Be available for 1 session of approximately 2 hours at our laboratory at the University of Saskatchewan



You will be compensated for your time.

Participants will be asked to complete a number of arm-focused tasks while your motion and muscle activity are measured with surface sensors.



For more information or to volunteer:

Dr. Kenzie Friesen
kenzie.friesen@usask.ca
306-966-5971

Dr. Angelica Lang
angelica.lang@usask.ca
306-966-5544

Shoulder Health and Ergonomics laboratory:
research-groups.usask.ca/ergolab



Do you have a loved one in a long-term care home?

We want to hear about your experience with end of life nutrition care.

Family caregivers with loved ones in long-term care (currently or in the past) in Saskatchewan are invited to share their experiences regarding end of life nutrition care (e.g., eating, drinking, hydration).

Take part in a 45-60 minute virtual focus group discussion

WE WANT TO HEAR YOUR PERSPECTIVE



PLEASE CONTACT

Heather Alford
heather.alford@usask.ca

PARTICIPANTS NEEDED FOR RESEARCH IN:

POSTPARTUM LOW BACK OR PELVIC GIRDLE PAIN



We are looking for volunteers to take part in a study looking at experiences of postpartum women in Saskatchewan with low back or pelvic girdle pain.

To participate, you must be:

- Living in Saskatchewan
- Between 6 weeks and 18 months postpartum
- Have experienced or are currently experiencing postpartum low back or pelvic girdle pain or dysfunction

As a participant in this study, you will be asked to complete an anonymous web-based survey, which will take approximately 10 minutes. Complete the study [HERE](#) or scan the QR Code.



In appreciation of your time, you can enter to win a gift card draw prize (8 gift cards available).

For more information about this study, please see our [project page](#). If you have any questions, feel free to contact:

Brenna Bath, School of Rehabilitation Science
306-966-6573 back.research@usask.ca

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board



COGNITIVE KITCHEN

No cost to participate!



- A 6-session virtual social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia
- **Two streams available:**
 - One for adults 55+
 - One for care partners of people living with dementia
 - We welcome people living with dementia to attend the program most suitable for them
- **Open to SK residents**
 - Priority given to participants living in rural SK



To Sign Up:



Scan the QR code or enter the link below to complete the intake survey to express your interest

www.surveymonkey.ca/r/cognitivekitchenintake

OR

Contact the Cognitive Kitchen Coordinator at julie.beitel@usask.ca or (306) 966-5303

The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



**DEPARTMENT OF ANESTHESIOLOGY
UNIVERSITY OF SASKATCHEWAN**

**PARTICIPANTS NEEDED FOR
RESEARCH IN POSTOPERATIVE DELIRIUM**

**We are looking for patients (aged 65+), their family members,
and healthcare providers to share their experience with
postoperative delirium.**



As a participant in this study, you would be asked to take part in one interview (virtual or by email) about your experiences with postoperative delirium (delirium after surgery). We will also ask questions such as age, gender, languages spoken, and varied abilities. Participation is expected to take less than 1-hour of your time.

Participation is voluntary. Your decision to participate will not affect any benefit of medical care or employment to which you are entitled or currently receiving.

For more information about this study, or to volunteer for this study,
please contact:

Maria Cruz
Department of Anesthesiology
306-966-8305 or maria.cruz@usask.ca



Scan to email Maria
about this study!

**This study has been approved by the University of Saskatchewan Behavioural Research
Ethics Board**

Rural and Agricultural News

SARM

- [Rural Councillor - Fall 2024](#)
- [Rural Dart - July 2024](#)
- [Rural Dart - August 2024](#)
- [Rural Dart - September 2024](#)
- [Rural Dart - October 2024](#)
- [Rural Sheaf - June 2024](#)
- [Rural Sheaf - July 2024](#)
- [Rural Sheaf - August 2024](#)
- [Rural Sheaf - September 2024](#)

CASA Bulletins

- [July 2024](#)
- [August 2024](#)
- [September 2024](#)
- [October 2024](#)