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UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

CCHSA-CCSSMA.USASK.CA

NEWSLETTER OF THE CANADIAN CENTRE FOR
RURAL AND AGRICULTURAL HEALTH

MARCH 2025

EDITION #12

BOOTS on the Ground

BE WHAT THE WORLD NEEDS

Edition 12 / March 2025
October 2024 - January 2025



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 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 VISION:

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

OUR VALUES:

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

CENTRE HIGHLIGHTS

MIDTERM CONVENTION

Saskatchewan Association of Rural Municipalities

20
24



Thank You, SARM!

SARM invited CCRAH's Director, Dr. Shelley Kirychuk, to present at their Annual Midterm Convention in November 2024.

Dr. Kirychuk showcased our front-facing initiatives across Saskatchewan, along with our research, services, and outreach programs.



RaDAR's 17th Rural Dementia Summit was held on November 26-27, 2024.

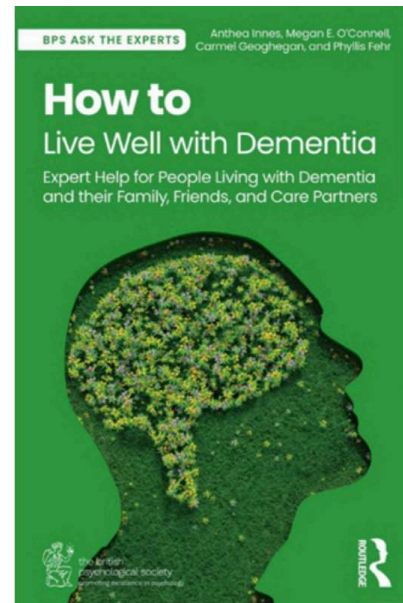
This year's program included a wide range of posters, pre-recorded, and live presentations with over 150 participants from Canada, Australia, Austria, Netherlands, Ukraine, United States, and United Kingdom.

Many thanks to all those who contributed to the program and who participated in the event!

The Summit 2024 archive is now available! [Explore and review sessions from the event on our website!](#)

How to Live Well with Dementia

Dr. Megan O'Connell recently released a new book with Routledge in October! This co-authored book with Anthea Innes, Carmel Geoghegan, and Phyllis Fehr is about helping people living with dementia and their support network. Click the photo for to order your copy today!



Welcome to the Centre



Sarah Fitzgerald

PhD Student - Shoulder Health and Ergonomics Laboratory.



Erin Leeder

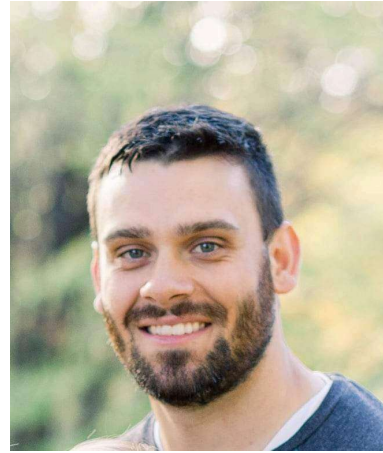
PhD Student - Rural Dementia Action Research (RaDAR).

Congratulations!



Opeyemi Vincent Akinuyi

Congratulations for successfully completing his Master's in December of 2024!

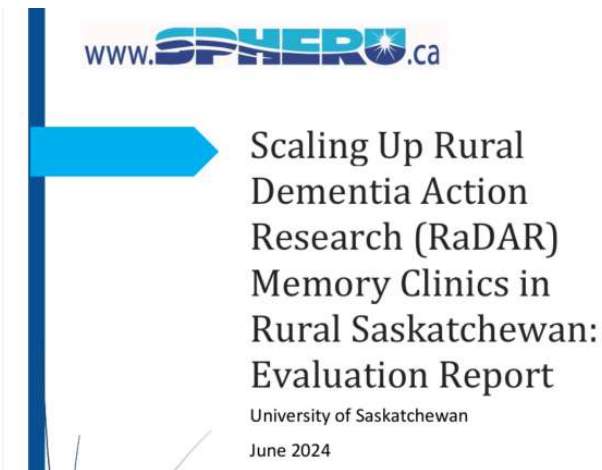


Lucas Julseth

Congratulations for successfully defending his Master's thesis in October of 2024!

RESEARCH NEWS

RaDAR Research News



The RaDAR team's **Dr. Debra Morgan** and **Dr. Julie Kosteniuk** received funding from the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) for a project conducted from October 2022 to June 2024. The project's purpose was to implement and sustain memory clinic



RaDAR Primary Care Memory Clinics are currently provided by primary health care teams in rural south Saskatchewan communities. After receiving training, team members shadowed the Esterhazy memory clinic team over a 3-month

services for dementia assessment and management in rural communities around Yorkton, supported through the [Dementia Supports in Rural Saskatchewan](#) (DSRS) initiative.



period and had their first clinic in October.

A new memory clinic team has been established in Canora, co-led by a physician and nurse practitioner! Read the story [here](#)!

Dr. Debra Morgan was in Seattle at the GSA 2024 Annual Scientific Meeting in November presenting research on embedded Alzheimer Society of Saskatchewan 1st Link Coordinators in rural RaDAR Memory Clinics.

RaDAR Winter 2025 Newsletter has been released!

To join our mailing list, please email Tora Levinton at tora.levinton@usask.ca Previous editions of the newsletter can be found on our website ruraldementiacare.usask.ca



Saskatchewan First Nations Housing Hub

The Centre's **First Nations & Metis Built Environment Group**, in collaboration with **Red Circle Planning Group**, is developing an online First Nations Housing Hub for Saskatchewan First Nation communities. Currently in the development stage, the hub is focused on building the website and compiling content gathered from community members across Saskatchewan. This website will serve as a comprehensive resource center, covering various topics such as maintenance, policy and governance, infrastructure, and more.



KNOWLEDGE MOBILIZATION



**Midwest Rural Agricultural
Safety and Health Conference**
Messaging Matters

November 6-8, 2024
ISU Alumni Center, Ames, Iowa



Katie Thompson and Dr. Matthieu Girard attended the 2024 **MRASH Conference** in Iowa. It was a great opportunity to discuss CCRAH activities and share with other professionals and academics who are passionate about health and safety in agriculture!

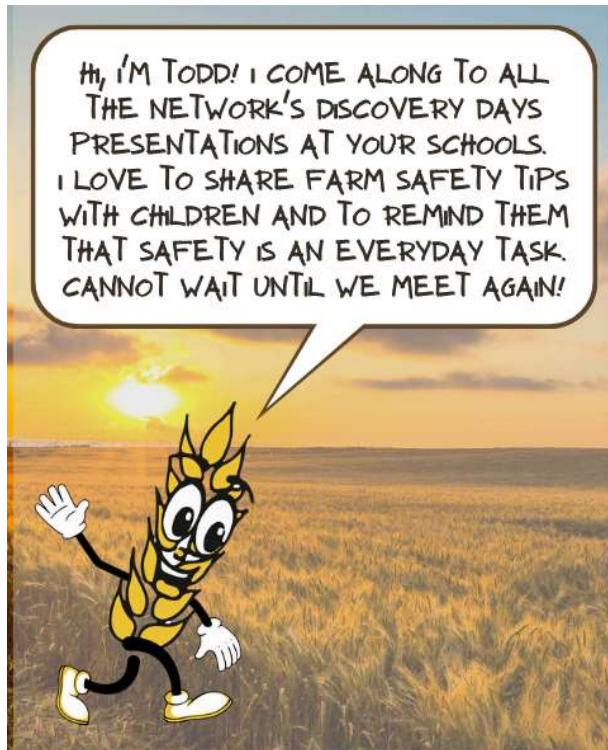
Where was the Agricultural Health and Safety Network?



- **Canadian Common Ground Alliance - Damage Prevention Symposium,** November 4-6, 2024 - Regina, SK
- **Agricultural Excellence Conference,** November 19-21, 2024 - British Columbia
- **Western Canadian Crop Production Show,** January 14-16, 2025 - Saskatoon, SK

DISCOVERY DAYS

Agricultural Health and Safety Network



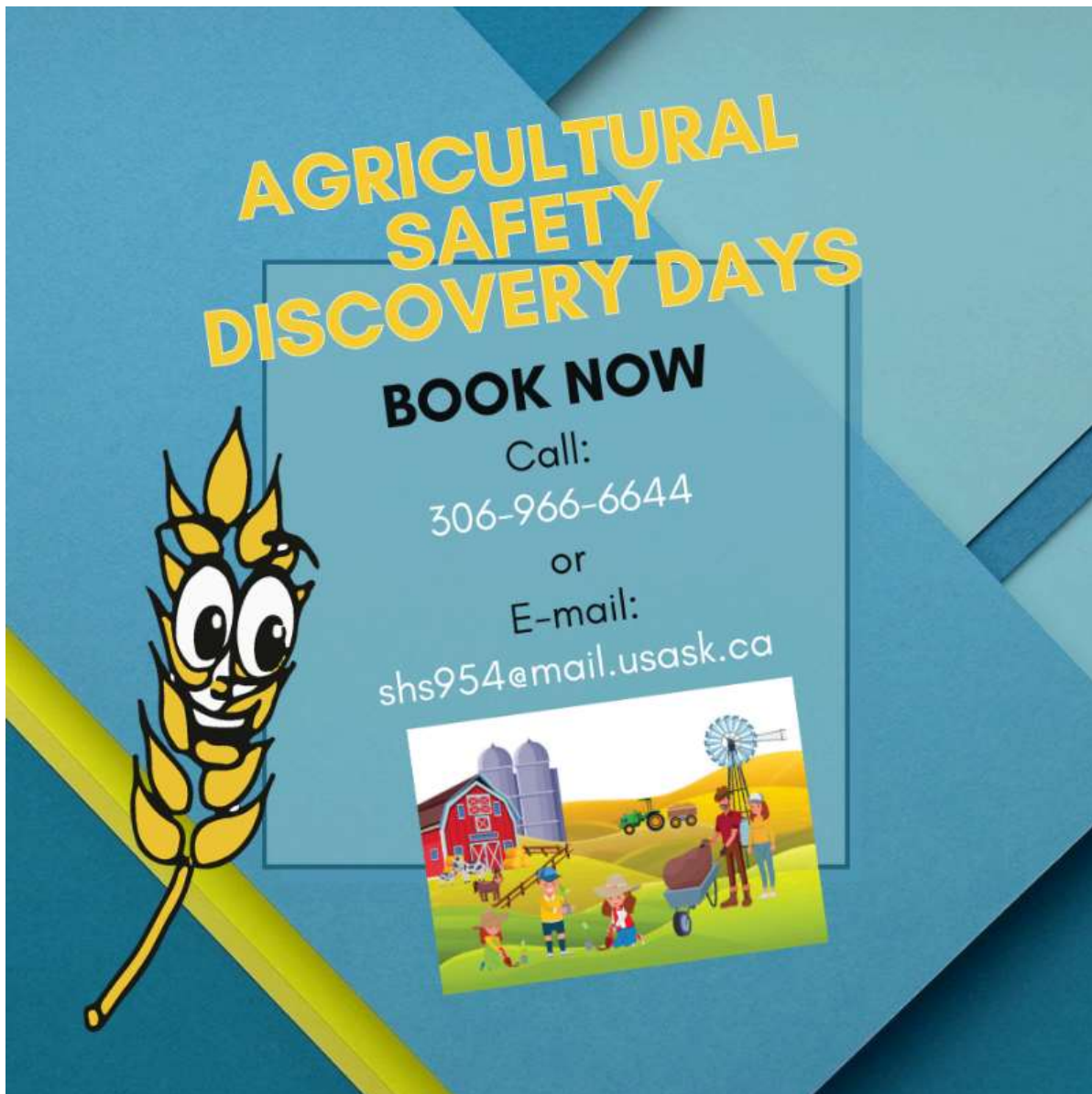
32 Presentations
at 9 Schools in 9 RMs to
470 Students



2788 KMs
travelled across Saskatchewan
to deliver presentations!

Recent Discovery Days Presentations:

- Elrose School - RM of Monet No. 257, Div. 3
- Lanigan School - RM of Usborne No. 310, Div. 5
- Langham Elementary School - RM of Corman Park No. 344, Div. 5
- Maymont Central School - RM of Maryfield No. 406, Div. 6
- Turtleford Elementary School - RM of Mervin No. 499, Div. 6
- Cornach School - RM of Hart Butte No. 11, Div. 2
- Glentworth School - RM of Waverley No. 44, Div. 2
- Ituna School - RM of Ituna Bon Accord No. 246, Div. 4
- Nokomis School - RM of Wreford No. 280, Div. 5



ONE2ONE RESPIRATORY & HEARING CLINICS

Agricultural Health and Safety Network



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.



Recent One2One Clinics:

- Mortlach - RM of Wheatlands No. 163, Div. 2

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

Contact us at (306) 966 - 6643 or kendra.ulmer@usask.ca

GEAR UP FOR AG HEALTH & SAFETY

Agricultural Health and Safety Network & Ag Health & Safety Alliance



GearUp

for Ag Health & Safety™

Gear Up for Ag Health & Safety™ is an educational program provided by the Ag Health and Safety Alliance™ dedicated to providing health and safety education for the future generation of agriculture by engaging with students from agricultural colleges and high schools.

Recent Gear Up for Ag Health & Safety™ Presentations:

- University of Saskatchewan, College of Nursing - RM of Corman Park No. 344, Div. 5
- Saskatchewan Polytechnic, Moose Jaw Campus - RM of Moose Jaw No. 161, Div. 2

CENTRE PUBLICATIONS & PRESENTATIONS

October 2024- January 2025

Publications:

Click any of the publications below to access the link.

- Balogh et al. **Ergonomic demands of uranium mine site workers**,_doi: 10.2139/ssrn.4826253
- Crockett et al. **Healthcare Provider Perspectives on Access to Healthcare for Chronic Low Back Pain Across Urban, Rural, and Remote Settings.** doi: 10.1177/11786329241265861
- Deeson et al. **A comprehensive evaluation tool to assess community capacity and readiness for virtual care implementation.** doi: 10.1177/1357633X241293854
- Hudon et al. **What are the Perceptions and Lived Experiences of Canadian Injured Workers about the Provision of Physiotherapy Services using Telerehabilitation.** doi: 10.1007/s10926-024-10261-4
- Kader et al. **Association between Insomnia and four domains of health based on an Indigenous Medicine Wheel: Findings from two**

Saskatchewan First Nation communities. doi: 10.17269/s41997-024-00935-0

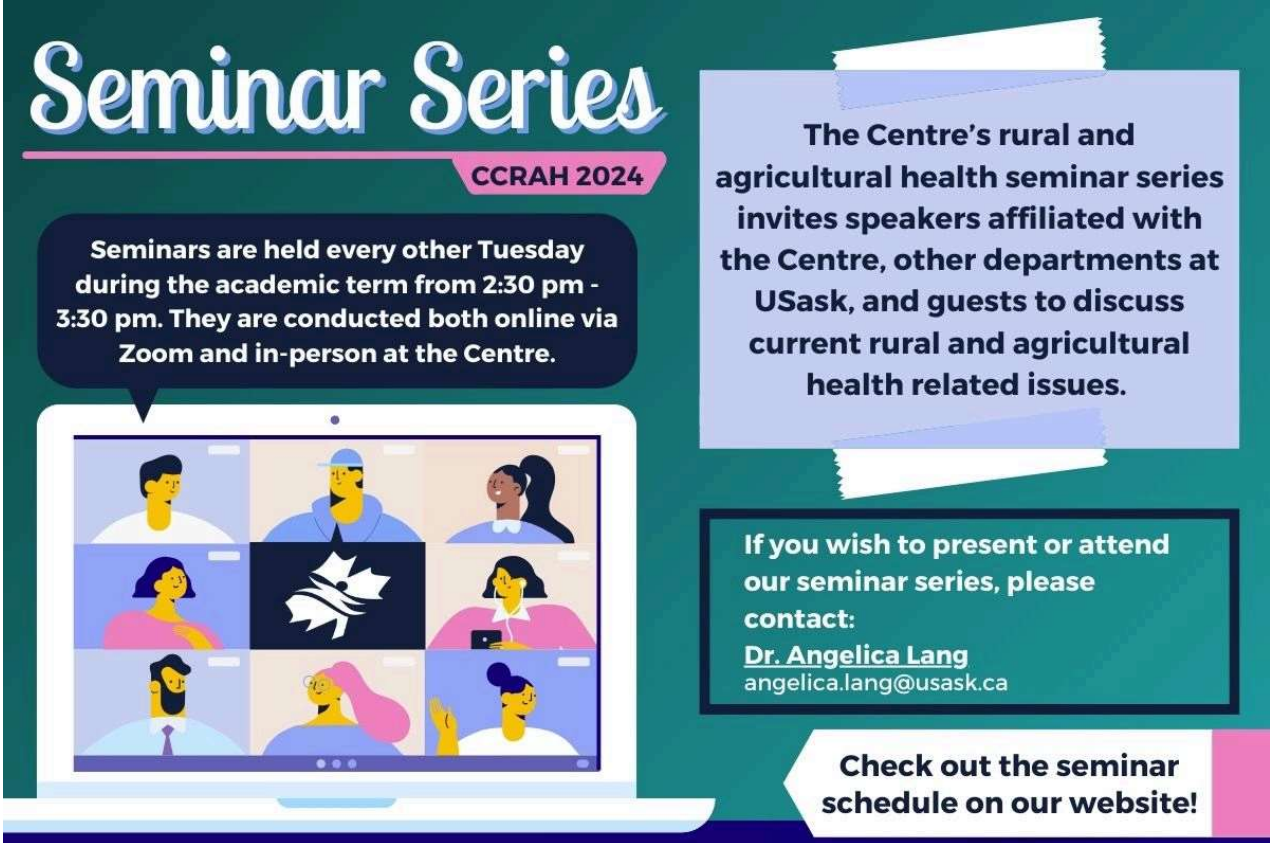
- Karunanayake et al. **Association of Insomnia with Functional Outcomes Relevant to Daily Behaviors and Sleep-Related Quality of Life among First Nations People in Two Communities in Saskatchewan, Canada.** doi: 10.3390/clockssleep6040039
- Rojas-Rozo et al. **Unlocking Engagement: Enhancing Participation in Research With Vulnerable Populations.** doi: 10.3389/ijph.2024.1606705
- Sun et al. **Quality of Life of Patients with Subjective Cognitive Impairment Referred to a Rural and Remote Memory Clinic.** doi: 10.1017/cjn.2024.368
- Veras et al. **A rapid review protocol of physiotherapy and occupational therapy telerehabilitation to inform ethical and equity concerns.** doi: 10.1177/2055207624126036
- Yanko et al. **A collaborative interdisciplinary approach for trigger finger management.** doi: 10.1016/j.jht.2024.12.003
- Zhang et al. **Understanding Needs for Chronic Musculoskeletal Pain Management in a Northern Dene and Metis Community: A Community Based Needs Assessment.** doi: 10.1080/24740527.2024.2412560
- Martel et al. **Electrostatic Particle Ionization for Reduction in Livestock and Potash Dust.** <https://doi.org/10.3390/atmos16010087>

Presentations:

- Alras et al. **Appropriateness of Virtual Care.** International Congress on Circumpolar Health.
- Amjad et al. **Management of Chronic Back Pain Using Virtual Care,** Canadian Agency for Drugs and Technologies in Health Symposium.
- Bowes et al. **First Nations Communities with Virtual Care.** Saskatchewan NEIHR Research Engagement Day.
- Chorneyko et al. **Upper limb kinematics and function in patients with rheumatoid arthritis.** College of Medicine Undergraduate Research Symposium.
- Delormier et al. **Canada's Network Environments for Indigenous Health Research (NEIHRs).** International Congress on Circumpolar Health.
- Deobald et al. **Nurses' Experience Using Non-Pharmacological Interventions for Persons Living with Dementia.** Canadian Association on Gerontology.
- Girard et al. **Knowledge Mobilization for Rural and Agricultural People in Canada.** MRASH Conference.
- Khan et al. **Telerobotic Ultrasound System** International Congress on Circumpolar Health.
- Kosteniuk et al. **Family care partner self-efficacy and service needs before and after a rural memory clinic assessment.** Canadian Association on Gerontology.

- Kosteniuk et al. **Sex differences in health service use before and after diagnosis in a rural and remote memory clinic.** Canadian Conference on Dementia.
- Leeder et al. **The socio-ecological model for understanding aging.** School of Public Health Poster Day. University of Saskatchewan.
- Lovo et al. **Access to Care for Neuropathic Pain.** Congress on Circumpolar Health.
- Lovo et al. **Neuropathic Pain in First Nation.** Congress on Circumpolar Health.
- Lovo et al. **Access to back pain care.** International Conference on Circumpolar Health.
- Morgan D. **Twenty-five Years of Rural Dementia Research.** President's Lecture Series. University of Saskatchewan.
- Morgan et al. **The care navigator role in rural primary care memory clinics.** GSA 2024 Annual Scientific Meeting.
- Verity et al. **Shoulder kinematics change over time in the presence of rotator cuff disorders.** College of Medicine Undergraduate Research Symposium.

UPCOMING EVENTS



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 USask, and 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!

Upcoming Tradeshow:

- SARM 2025 Annual Convention & Trade Show
 - Canada's Farm Show
 - Ag in Motion
-

Upcoming Discovery Days:

- Wymark School - RM of Swift Current No. 137, Div. 3
 - Herbert School - RM of Morse No. 165, Div. 3
 - Milden Colony School - RM of Milden No. 286, Div. 5
 - Dinsmore Colony School - RM of Milden No. 286, Div. 5
 - Allan Composite School - RM of Lost River, Div. 3
 - St. Gabriel School - RM of Biggar No. 347, Div. 6
-



GET INVOLVED IN OUR RESEARCH

Are you an Indigenous person who needs or has already had a total joint replacement?

We would love to hear from you!



We are a research team from the University of Saskatchewan interested in learning about the needs, experiences, and opinions of Indigenous people accessing pre-surgical care before total joint replacements.

What does participating in this study involve?

- Undergoing a 1-on-1 interview that will take about 30 minutes to 1 hour
- Completion of a demographic and general health questionnaire that will take about 5-10 minutes
- Interviews will occur over the phone or virtually (e.g. Zoom)
- You will receive an honorarium in appreciation of your time

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

**For more information about this study,
or to participate, please contact:**

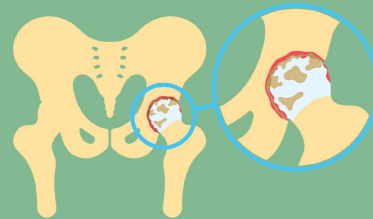
Rebecca Sawatsky, MSc Student,
University of Saskatchewan

Email: rebecca.sawatsky@usask.ca

Stacey Lovo, Principal Investigator,
University of Saskatchewan

(306) 966-8738

Email: stacey.lovo@usask.ca



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**School of
Rehabilitation Science**

COLLEGE OF MEDICINE
REHABSCIENCE.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



THE COGNITIVE KITCHEN

A 6-session social cooking class featuring discussions on strategies to support dementia risk reduction and living well with dementia

Upcoming classes via Zoom in January 2025!



Are you 55+ or a care partner of someone living with dementia?

Consider this fun social opportunity to support your health!

Register Now!

- Open to SK residents

Contact the coordinator at

julie.beitel@usask.ca

OR

(306) 966-5303



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Research participation is an optional component of the Cognitive Kitchen. The research activities have been approved by the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).



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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. Ultrasound images of your shoulder will also be taken. You will also be invited to participate in an optional phone interview about your post-treatment experiences.



For more information or to volunteer:

Sarah Fitzgerald
inu584@mail.usask.ca

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

research-groups.usask.ca/ergolab

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



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

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (ID 4262)

CO-DEVELOPING A PATHWAY TO REDUCE POSTOPERATIVE DELIRIUM IN OLDER PATIENTS

Department of Anesthesiology University of Saskatchewan

We are looking for volunteers to participate in a study to co-develop a multidisciplinary and patient-centered pathway for older patients at risk of postoperative delirium.

As a participant in this study, you would be asked to take part in a facilitated workshop lasting 2-3 hours.

Participation is voluntary. An honorarium will be provided for your time.

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

Maria Cruz
Department of Anesthesiology
at
306-966-8305 or
Email: Maria.Cruz@usask.ca

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



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NEWS FROM OUR PARTNERS



Canadian Agricultural Safety Association (CASA)

- [CASA Bulletin - October 2024](#)
- [CASA Bulletin - November 2024](#)
- [CASA Bulletin - November 2024](#)
- [CASA Bulletin - January 2025](#)
- [CASA Bulletin - February 2025](#)

Saskatchewan Association of Rural Municipalities (SARM)

- [Rural Councillor - Winter 2024](#)

Newsletters

- | | |
|--|---|
| • Rural Dart - October 2024 | • Rural Sheaf - October 2024 |
| • Rural Dart - November 2024 | • Rural Sheaf - November 2024 |
| • Rural Dart - December 2024 | • Rural Sheaf - December 2024 |
| • Rural Dart - January 2025 | • Rural Sheaf - January 2025 |
| • Rural Dart - February 2025 | • Rural Sheaf - February 2025 |

The Canadian Centre for Rural and Agricultural Health (CCRAH) empowers rural and agricultural populations to

*thrive where they live and work through innovative research,
dedicated resources, outreach, and services.*



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