

CIMVHR Newsletter

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Issue # 1



CIMVHR | ICRSMV

The **Canadian Institute for Military and Veteran Health Research** (CIMVHR) is proud to mark this date with its first issue of the CIMVHR Newsletter. This newsletter will provide you with current information on research opportunities, outline research connections made, review success stories, give MVHR Forum updates, and it will act as an information source for other health related conferences relevant to military and veterans taking place both nation-

ally and internationally. Thank you for taking the time to enjoy the CIMVHR newsletter which will also be posted on the CIMVHR web site (www.cimvhr.ca). We are confident that this will be a great information sources for all of those who are engaged with CIMVHR, so please feel free to share it with your colleagues.

Dr. Alice B. Aiken, Director and Dr. Stéphanie A.H. Bélanger, Associate Director

CIMVHR's First Board of Directors Announced

CIMVHR is proud to have engaged its interim Board of Directors; Ms. Susan Marlin – Chair of the Board, Associate Vice Principal (Research) at Queen's University Dr. Heidi Sveistrup – Associate Professor in Rehabilitation Sciences and Vice Dean Research and Graduate Studies at the University of Ottawa, Mr. Michael Brennan – Chief Executive Officer of the Canadian Physiotherapy Association, Dr. Jean Fugère – Dean

of Graduate Studies and Vice Principal Research at the Royal Military College of Canada, and Dr. Jennifer M. Medves – Director of the School of Nursing and Vice Dean Health Sciences at Queen's University. The Board of Directors will have the responsibility of providing independent advice, guidance and reports on issues relating to the current vision and mission of CIMVHR.

Projects Highlight: Research Connections

Flight-related neck pain among military helicopter pilots is a prevalent health problem in the Canadian Forces which has attracted the attention of many research groups. This problem is complex in nature, arising from the dynamic interactions among multiple factors, including ergonomics, spine biomechanics and fatigue. A collaborative approach to better understand and solve flight-related neck pain is essential, with a set of cohesive research objectives being identified, and the exchange of knowledge between scientists, clinicians, and the military serving to move the research agenda forward. The Canadian Institute for Military & Veteran Health Research provides the forum for developing these collaborations, including the recent partnering between Drs Pelland and Moglo from Queen's University and the Royal Military College.

In this project, we merge computational simulation of a finite element (FE) model of the

head and neck with lab-based measurement of neck muscle activation and strength to study the stability of the neck under different loading scenarios. Model-based simulation is used to systematically evaluate the effects of measured muscle activation patterns on the kinematics and kinetics of the cervical spine and head. Optimization-based computation is used to identify patterns of neuromuscular activation of deep and superficial muscles of the neck that will optimize neck stability, while maintaining the magnitude of forces on bony and soft tissue structures of the cervical spine below their individual injury tolerance levels. Our computational approach will provide the foundation for testing specific questions relating neck muscle coordination to head and neck biomechanics to inform the design of standardized evaluation and strength training protocols.

Did you know...

Shaping the Future: Military and Veteran Health Research is now available online at www.cimvhr.ca.

We're pleased to announce that CDA Press has accepted the publication of the MVHR Forum 2011 proceedings *A New Coalition for a Challenging Battlefield: Military and Veteran Health Research*.

North Atlantic Treaty Organization (NATO) and Advanced Study Institute released a CALL FOR PARTICIPATION for their 2012 NATO Advanced Study Institute (ASI) themed *"Invisible Wounds: New Tools to Enhance Posttraumatic Stress Disorder Diagnosis and Treatment."*

<http://www.interactivemediainstitute.com/IW2012>

MVHR Forum 2012 will be held in Kingston, Ontario on **November 26th to 28th**.

The MVHR Forum CALL FOR ABSTRACTS will be posted on the CIMVHR web site (www.cimvhr.ca) in late March. Click on MVHR Forum 2012 logo.

The Society for Brain Mapping Therapeutics (SBMT) is hosting its 9th Annual Congress in Toronto, Canada from **June 2nd to 4th, 2012**. To register or submit an abstract go to www.cimvhr.ca. The link to the SBMT Congress information is posted in the News section.

MVHR Forum 2011 Highlights

November 14th to November 16th, 2011, the Canadian Institute for Military and Veteran Health Research (CIMVHR) hosted the second annual Military and Veteran Health Research (MVHR) Forum in Kingston, Ontario, CIMVHR's hub. In attendance were over 450 researchers, national and international representatives, clinicians, military and civilian personnel, prominent keynote speakers, veterans as well as major stakeholders.

The conference began with a reception to welcome all attendees and sponsors, a scientific poster session, and the launch of Shaping the Future: Military and Veteran Health Research, a collective that highlighted the best research presented at MVHR Forum 2010, and published by the Canadian Defence Academy Press. Some of the highlights throughout the forum included an outdoor display by 1 Canadian Field Hospital, the recognition of five Medal of Valour winners, and the Gala dinner for all present. The highly interactive Forum featured 27 sessions; and had 12 keynote speakers. In addition, 31 scientific posters were exhibited and 110 quality research papers focusing on significant aspects of mental health; operational and environmental health protection; rehabilitation, physical and mental; combat casualty care; transition from

military to civilian life; and health care policies and programs were presented.

CIMVHR is extremely proud to have hosted MVHR Forum 2011, but could not have done so without the support of the Canadian Forces Health Services Group, Veteran Affairs Canada and Defence Research and Development Canada who all contributed to the Forum's success. A special thank you goes out to our forum sponsors; Queen's University, Royal Military College of Canada, Canadian Forces Health services Group, Veterans Affairs Canada, Defence Research and Development Canada, Kingston Economic Development Corporation, Canadian Physiotherapy Association, Université Laval, Centre for Addiction and Mental Health, Canadian Association of Occupational Therapists, Canadian Paraplegic Association Ontario, Ontario Neurotrauma Foundation, Faculty of Rehabilitation – University of Alberta, the Legion, Chiropractic Canada, Canadian Defence Academy Press, and the Canadian Medical Association, without your generous donations the forum would not have been able to accomplish all that it did.

CIMVHR would like to welcome you to attend MVHR Forum 2012, in Kingston, Ontario. Details for the abstract submission process will be available at www.cimvhr.ca in the near future.

Donation from Justice William J. Henderson Foundation

During the Gala Dinner of the Military and Veteran Health Research Forum 2011, CIMVHR was pleased to receive their first major donation from a private foundation. David Pattenden, trustee for the Justice William J. Henderson Foundation, announced strong foundation support for the Institute with a major contribution of \$50,000. Justice William J. Henderson was a proud veteran of World War II and graduate of Queens University. He served with distinction in the liberation and re-building of Holland and

was seriously injured during the war. Following the war, he was a prominent Kingston lawyer, justice in the Ontario Superior Court and Member of Parliament for Kingston and the Islands. While serving in the federal government, the `Judge` was instrumental in sponsoring federal legislation in support of veteran benefits. Justice Henderson has also provided strong philanthropic support to Kingston hospitals, the Human Mobility Research Centre, and regional healthcare programs.

Pictures displayed on this page were taken by Mathew Lloyd:

- 1) Rear Admiral Bruce Doll, Senior Health Care Executive, U.S. Navy; Dr. Richard Reznick, Dean-Faculty of Health Sciences, Director-School of Medicine Queen's University; Lieutenant-General The Honourable Roméo A. Dallaire, O.C., C.M.M., G.O.Q., M.S.C., C.D., L.O.M. (U.S.) (Retired), B.ésS., LL.D. (Hon.), D.Sc.Mil (Hon.), D.U., Senator, Senate of Canada; Colonel Geoffrey Ling, Defence Advanced Research Projects Agency; Commodore Hans Jung, OMM CD Surgeon General, Commander CF Health Services Group.
- 2) Minister of Veteran Affairs Canada - The Honourable Steven Blaney.
- 3) Dr. Stéphanie Bélanger, Associate Director CIMVHR; Susan Marlin, Chair of the CIMVHR Interim Board of Directors; Commodore Hans Jung, OMM CD Surgeon General, Commander CF Health Services Group; Brigadier-General (Ret'd) Bill Richard; Dr. Alice Aiken, Director CIMVHR.
- 4) 1 Canadian Field Hospital.
- 5) Susan Marlin, Chair of the CIMVHR Interim Board of Directors; Senator Pamela Wallin; Dr. Liz Taylor, the University of Alberta; Brigadier-General (Ret'd) Bill Richard.



MVHR Forum 2011 Highlights

Major Sir Frederick Banting MC, RCAMC Award for Military Health Research

The Major Sir Frederick Banting MC, RCAMC Award for Military Health Research is an award that will be presented annually at the Military and Veteran Health Research (MVHR) Forum. Sponsored by the True Patriot Love Foundation and adjudicated by the Surgeon General of the Canadian Forces, the award honours Major Sir Frederick Banting- a world renowned physician, researcher, Nobel Prize winner and the discoverer of insulin. Honouring Sir Banting's decorated career as a Medical Officer in the Canadian Army, the goal of this award is to recognize and encourage high quality research that addresses military health issues.

The award is presented to the Canadian (civilian or military) whose research paper is deemed to be of the greatest overall value to military health. Factors such as scientific quality, military relevance and impact on the health of Canadian Forces members are taken into account by an expert committee chaired by the Surgeon General of the Canadian Forces.

The winner of the 2011 Major Sir Frederick Banting award was Dr. Jitender Sareen, from the University of Manitoba. Dr. Sareen is a Professor of Psychiatry in the departments of Psychiatry, Psychology and Community Health Services, and also serves as the Director of Re-

search and Anxiety Services in the Department of Psychiatry at the Health Sciences Centre in Winnipeg. Dr. Sareen has authored over 150 peer-reviewed articles in the areas of traumatic stress, anxiety disorders and military mental health, and has been published in journals such as *Biology Psychiatry*, *Archives of Internal Medicine* and *Psychosomatic Medicine*.

At the 2011 MVHR Forum, Dr. Jitender Sareen presented a paper titled 'Adverse Childhood Experiences in Relation to Mood and Anxiety Disorders in a Population-Based Sample of Active Military Personnel'. The goal of the paper was to examine the relationship between adverse childhood experiences and vulnerability to combat stress. By examining data collected from a cross-sectional survey of active military personnel, Dr. Sareen concluded that adverse childhood events are important risk factors for mood and anxiety disorders among active military personnel. His research and presentation garnered him the 2011 Major Sir Frederick Banting MC, RCAMC award.

In addition to winning the award at the 2011 MVHR Forum, Dr. Sareen will be a keynote speaker at the MVHR Forum 2012 November 26-28 in Kingston, ON.



Dr. Jitender Sareen from the University of Manitoba. Winner of Major Sir Frederick Banting Award.



Major Sir Frederick Banting MC, RCAMC

The University of Alberta Announces The Canadian Military and Veterans' Chair in Clinical Rehabilitation

Alberta will soon be home to one of the world's foremost authorities on military rehabilitation. Dr. Ibolja Cernak will be leaving her position as Medical Director of the Applied Physics Laboratory at Johns Hopkins University in March to take up the appointment of Canada's first Chair in Military and Veterans' Clinical Rehabilitation at the University of Alberta.

Dr. Cernak is a highly respected researcher with a 30-year career dedicated to the health and well-being of soldiers. Her recruitment enhances the University of Alberta's reputation as a

leader in health sciences research and will provide coordinated academic leadership to advance clinical research, exclusively serving the rehabilitation needs of soldiers and veterans. In her role, she will work closely with clinicians and researchers at Canadian Forces Base Edmonton, the University of Alberta Hospital, the Glenrose Rehabilitation Hospital, the U.S. Department of Veteran Affairs, and the Canadian Institute for Military and Veteran Health Research.



Dr. Ibolja Cernak - Chair in Military and Veterans' Clinical Rehabilitation

A special thank you goes out to BGen (Ret'd) Bill Richard for writing the Henderson announcement. We would also like to thank CIMVHR's two part-time work-study students Parth Bhowmick and Filza Naveed. Their help in completing this issue should not go unnoticed. Keri Scobie and Greg Kawchuck, from the University of Alberta, who provided us with the announcement and picture for the U of A Chair announcement. Lucie Pelland, Queen's University, and Kojo Moglo, RMCC, for their contribution to the Projects Highlight.

For suggestions and announcements you wish to recommend for the CIMVHR e-newsletter please e-mail lauren.hanlon@queensu.ca