

#ResearchAtHorizon: Celebrating Horizon Science at Annual Provincial Health Research Conference

This November in Saint John, a focus at the annual New Brunswick Health Research Conference will be to celebrate the best of our health research collaborations. From January to October, a new team was featured each month, and Research Services is proud to share that your Horizon colleagues are featured in five of the nine nominated teams. In this issue, #ResearchAtHorizon shares lessons learned from their success; we also encourage you to learn more about the teams, by visiting the [NBHRF website](#).

Congratulations on winning Research Team of the Year!

FEBRUARY 2019

Research Team of the Month

St. Joseph's Hospital Health and Aging Program (Drs. Pam Jarrett and Linda Yetman) teamed up with SJRH Orthopedic Surgery (Dr. James Wagg), NB Trauma (Dr. Tushar Pishu, Ian Watson, Sue Benjamin) and Horizon Research Services (Dr. Bryn Robinson), along with colleagues from Vitalité and UNB.

In a System with Many Parts, We Can All Contribute to Changes in Healthcare

Hip fractures are a leading cause of injury in New Brunswick seniors, linked to long hospital stays and functional decline. With 8 hospitals in NB offering treatment, it is important to know if there are differences in care across the province. By linking hospital admissions and Vital Statistics data at UNB, the team is learning which patients have better outcomes than others, even after they leave the hospital. The results will next be used to standardize guidelines for future patients' care.

JUNE 2019

Research Team of the Month

SJRH Cardiac Surgery (Drs. Ansar Hassan and Jean-François Légaré, Dr. Christie Aguiar, and Jeff McLeod), with colleagues from Dalhousie Medicine New Brunswick.

In Fact, You Really Don't Have to Move to Have an Influence on Healthcare

With so much conflicting research evidence on the link between obesity and cardiac surgery outcomes, this team is working with New Brunswick patients to identify more precise ways to measure obesity, as well as understand if "obese but fit" people have better outcomes than those not in shape at all (thin or obese). While their research does not yet indicate a clear answer one way or another, by working together, the team can have an impact on improving guidelines for cardiac surgery in New Brunswick.

APRIL 2019

Research Team of the Month

SJRH Emergency Medicine (Drs. Paul Atkinson and David Lewis, and Jackie Fraser) with international colleagues.

As Long As You Are Engaged about Making a Difference, You Can Be a Global Leader

In small rural healthcare centres, time is especially valuable for a critically ill person who comes to the emergency room. Our colleagues knew that one tool to improve diagnosis and more rapidly steer them to the right treatment was bedside ultrasound. However, by creating the Sonography in Hypotension and Cardiac-Arrest in the Emergency Department (SHoC-ED) Network, they can more easily conduct clinical trials on bedside ultrasound, as well as share new knowledge more efficiently.

JANUARY 2019

Research Team of the Month

DECRH Laboratory Medicine (Dr. Yu Chen, Rachel Fullarton) and Obstetrics-Gynecology (Dr. Sheri-Lee Samson), along with UNB.

So Remember, A "Simple" Solution Can Have a Big Impact

By delaying clamping of the umbilical cord by even just a few minutes, babies can receive more maternal blood and have less change of anemia and infection. To effectively turn this evidence into practice, though, did the lab need to identify a new set of reference values? The team compared data from cord blood gas tests using the old and the new methods, and found that there was no need to create new reference ranges.

AUGUST 2019

Research Team of the Month

Orthopedic Surgery (Drs. Neil Manson and Edward Abraham, Donna Eastwood), Physical Therapy (Richard Paixao), Occupational Therapy (Tracy Underwood), Canada East Spine Centre (Erin Bigney, Eden Richardson, Mariah Darling).

And Sometimes, That Solution is to Engage Patients as Part of the Healthcare Team

By creating a simple two-hour pre-surgery class, patients and their families could meet and ask questions of the healthcare team, as well as learn what to expect after surgery and discharge, and during their recovery. The team found that patients who attended the class had more satisfaction, and less reported pain and ER visits post-surgery, than those who did not.

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Cookies bring smiles to community

Tim Hortons/Fast Break at Horizon's Saint John Regional Hospital (SJRH) held their annual Smile Cookie Week in September to fundraise for the Saint John Regional Hospital Foundation. Smile cookie sales raised \$2,226.

"This is a fun event to raise funds for a great local charity that gives back to the community," said Kathy Lane, Acting Manager of Tim Hortons at SJRH.

Tim Hortons/Fast Break employees Hilary Sentner, Lindsie McCumber, Sybil Smith and Janet Miller, presented the cheque to Jeff McAloon, President and CEO of the Saint John Regional Hospital Foundation.

