



Faculty of Health Sciences newsletter

Spring 2000

The School of Nursing partners with community

The School of Nursing has a vision of how education, research and practice should be linked, and is putting this to the test in an innovation called the Community Nursing Resource Centre (CNRC). Nursing faculty and students have entered a partnership with the Glen Cairn Community Resource Centre, a grassroots service organization in an under-served East London neighborhood with many unmet health needs. With the support of stakeholders from London health care organizations, educational experiences will be developed around particular community needs. As a result, students' needs for learning and professional growth will be met while assisting young families to develop healthy ways of living. Specific projects and experiences that evolve from the CNRC will also provide a forum for students and faculty to study critical family and community health issues as a part of the Family Health Promotion Research Program, a core research program within the School of Nursing. Findings from these studies will help health and social service professionals and policy makers develop effective ways of

working with young families who face many social challenges.

"This model is different because it provides an opportunity for students and faculty to learn and study in the context of a long-term partnership with a community," says Dr. Marilyn Ford-Gilboe. "The community becomes a living laboratory – a setting in which students can experience the joys and challenges of collaborating with a community during a period of time and come to understand how community health needs change and how programs and services can make a difference in the lives of residents. It's a more reality-based experience that builds on the principles of health promotion and creates continuity within the students' educational experience. In this model, faculty would have a strong presence in the community, conducting research and teaching. This structure will allow faculty to identify and pursue the richest practice and experiences for students based on in-depth knowledge of the complexities of community life."

Undergraduate students, as well as those

in the primary care nurse practitioner certificate program and the masters program will participate in the CNRC. As the CNRC develops, opportunities to learn and study will be made available to other Health Sciences students and faculty. The CNRC will create a university outreach presence in a neighborhood facing serious gaps in primary health care services, as well as among the highest rates of unemployment, low income, immigration and single-parenting in the city.

Response from alumni has been very strong says Ford-Gilboe. "It's an opportunity to demonstrate the full and complementary role nurses take in the community. It will also examine how education, research and health services can be effectively integrated within a community setting. By investing time, energy and resources, we hope to better understand how the health care system could be changed to enhance integration and collaboration, both across sectors and between professionals and the community at large."

Mark your calendar for Homecoming 2000, September 22-24

Homecoming 2000 promises to be better and bigger than ever: class reunions, special speakers, gala dinners, faculty events and, of course, Mustang football in our new stadium. Class coordinators are working on events for reunion years ending in 0 or 5. Suzanne

Edmondson, Homecoming Coordinator, invites you to participate in planning your class reunion. Call her at (519) 661-2111 ext. 88464 or 1-800-258-6896 to become involved.

Explore our Homecoming website at

<http://www.uwo.ca/alumni/hc2000>. Check the site regularly for exciting updates. For information about restaurants and lodgings, visit the City of London website at <http://www.city.london.on.ca/>

New Audiology Centre is unique

Tremendous initial support continues to build excitement for the National Centre for Audiology (NCA). The industry and profession have shown great interest and it has received very strong support from alumni through the UWO call centre solicitations.

One of the reasons this project is attracting so much attention is its unique combination of research, education and service provision. Most international centres for audiology have two of those three components but few, if any, have strength in all three.

“By bringing the three together we have a unique model,” says Dr. Richard Seewald. “It’s created a lot of interest outside Canada.”

The centre will include five new research laboratories, state-of-the-art equipment and new faculty. A decision will be made this spring on the design for the new and reassigned space at Elborn, and the facility is expected to officially open in a year.

Fundraising has achieved about one-third of the total required, with an initial focus on facilities. Another project was the successful NCA calendar that raised money for a new NCA student scholarship fund.

“The next step is to fund hiring of the proposed faculty positions,” says Seewald. Areas of research will be aural rehabilitation; diagnostic audiology; health services research; audio-engineering and hearing conservation.

“The goal of this initiative is to bring to one centre the expertise to carry out significant research and to implement a high-end education program. During the summer, we will begin to overhaul the educational program.”

The centre will provide advanced studies in audiology, which will include collaborative efforts with the Faculties of Engineering Science, Music, Health Sciences and other Schools within the Faculty of Health Sciences.

Health Sciences enrolment increases

More students than ever before want to study Health Sciences. Applications are up 38 per cent as the first choice for OAC students. More than 300 identified Health Sciences as their first choice and more than 800 as the second or third choice. With places for only 300, only the top students will be selected. Already entrance averages are one per cent higher than the general university.

“This means we can really provide challenging programs,” says Prof. Steve Trujillo, chair of the Bachelor of Health Sciences program.

“This program was created at the right time – four years ago. Our program looks at health in a broad context – taking into account the influences of economics and the environment, not just disease under a microscope. Social and environmental aspects are just as influential as anything

else. This holistic approach appeals to students. Our program has a breadth that allows them to take electives to pursue a specific career, such as physiotherapy or speech pathology if they wish.”

New courses are also being developed in partnership with faculty, advisors and students. One will begin next January – Alternative and Complementary Health. This summer, a practicum will be introduced, placing students in rural Southwestern Ontario and Australia. Students will develop projects, write grants and use the Internet to take course instruction and share their experiences through chat pages.

“We look at health from a population perspective not only on an individual basis,” says Trujillo. “There is a need to promote health and prevent injury.”

Faculty Changes

Dr. Polgar

Dr. Jan Polgar was appointed Director, School of Occupational Therapy in January. She has been at Western since 1982 and her areas of specialty include seating and mobility for children and adolescents with physical disabilities. Polgar has a PhD and BScOT from the University of Toronto and an MAOT from the University of Southern California. She takes over the directorship from Dr. Helene Polatajko.

Dr. Jutai

Dr. Jeffrey Jutai is acting as a research development facilitator across all the rehabilitation sciences (OT, PT, Communications Sciences and Disorders) and will be linking these areas in research. He is also teaching the Research Design course for PhD students in the Rehabilitation Science program.

Dr. Jutai comes to Western from Toronto where he is director of research at Ontario’s largest rehabilitation centre for children with physical disabilities, and a member of the Graduate Department of Rehabilitation Science at the University of Toronto.



Lab attracts major studies

Exercise and Pregnancy Lab is one of a kind.

Western is home to the only laboratory in North America specifically designed to conduct research and educate pregnant women and their health care providers on exercise during pregnancy and post partum. That distinction, plus the expertise of the lab's director, Dr. Michelle Mottola, is attracting some major studies. The latest studies involve very fit women in the Canadian military and women at high-risk for gestational diabetes.

The lab was founded in 1987 under Mottola's direction, and became the R. Samuel McLaughlin Foundation Exercise and Pregnancy Lab with the opening of the 3M Centre.

One study nearing completion has found that a mild exercise program with dietary control (seven small meals daily) works well to control blood sugars. As a result, a pilot project has been launched to examine the effects of a nutrition and mild exercise program for women with gestational diabetes. "We're recruiting women at risk for developing gestational diabetes and those who already have been diagnosed," says Mottola. "We're matching them with normal pregnant women. The aim is to reduce or eliminate the use of insulin. This program has the potential to avoid the bigger babies and many of the problems with labor and delivery experienced by women with gestational diabetes. It could also reduce the incidence of developing diabetes later in life both for the mothers and babies. It's a preventive



tool through lifestyle changes that could reduce health care costs."

Mottola has also talked with members of the First Nations Chiefs' Council who are very interested in collaborating. Aboriginal people are more at risk for developing diabetes and this program could have a great impact on their health across the population.

Dr. Larry Wolfe at Queen's University is working with Mottola and the Canadian military on a preliminary study examining active, fit pregnant women. "We are developing guidelines for women who are very fit," says Mottola. "Currently, these women are given desk jobs during their pregnancy and expected to pass the

rigorous tests for active duty only six months after delivering a baby. The guidelines have potential for other active professional women, such as firefighters, police and fitness instructors."

A PhD student is working with Mottola and the Sidelines Perinatal Support Network, an Ottawa-based support group for high-risk pregnant mothers. The pregnant women in this study are those now restricted to bed rest. The project will develop guidelines for Sidelines based on scientific research that they can distribute to women across the country.

Mottola's lab also provides information for pregnant women and health care professionals published by the Canadian Society for Exercise Physiology and Health Canada. She is a member of the advisory board for Fit Pregnancy Magazine.

Study on aging

The image of older people must change. A three-year study of economic, health and social issues by Dr. Carol McWilliam calls for "a new, more holistic, more positive perspective on aging, as well as innovative policy and programming directions to better manage the aging of the baby boom generation."

The national research program, funded at a cost close to \$8 million, shows policy innovation will be critical to the aging population to meet social realities of the next 30 years.

"It is time to rise to the opportunities created by the most recent conceptualization of health," says McWilliam, principal investigator and co-chair of the national consensus committee which brought together researchers from 11 Canadian universities with seniors, government policymakers and health care practitioners.

The study on economic issues demonstrated that seniors are a net productivity benefit to society, not a "burden." A broader view is needed to acknowledge the contribution of older Canadians to society and as nurturing and active family and community members.

In health care, seniors are unjustly blamed for burdensome costs, according to the study, which suggests that future priorities should include improved public health and health promotion initiatives, better access to assistive devices and building partnerships between seniors and caregivers. More needs to be done to help seniors live independently.

"It is both time and timely to give birth to a new vision of Canada's aging population, one which incorporates the valuing of longevity and the valuing of the creative experience and wisdom that accompany age," says McWilliam.

In Conjunction with the Tri-Joint Congress 2000 we invite you to a reception at Joe Badali's Italian Restaurant & Bar, 156 Front Street, Toronto, Friday May 26 from 5 - 7p.m. (very close to Convention Centre!) Share memories and experience with alumni, students and faculty members and learn about new programs and activities at Western.

School of Nursing celebrates 80th anniversary

It has been 80 years since the School of Nursing was founded and Western would be delighted to have its alumni involved in four events planned to mark this occasion. Initial details of these events follow. Check your mail box for more information in the near future.

The first event is on May 5, 2000 in conjunction with the 14th Annual Sigma Theta Tau Research Day at the Four-Points Sheraton, 1150 Wellington Rd. S., London. Everyone interested is welcome to attend this day dedicated to "Nursing Research: The Path To Excellence." Western Nursing's own Dr. Carol McWilliam (see page 3) is the keynote speaker and there will be student displays. This is a great opportunity to network with colleagues, renew friendships, focus on nursing scholarship and celebrate Nursing at Western. For more information please contact Angela Law at 1-519-661-4064 or alawl@julian.uwo.ca.

You can also celebrate 80 years of Nursing at Western with the graduating class of 2000 on their convocation day with lunch in Conron Hall, University College. The third 80th Anniversary event is at Homecoming 2000 on September 23. All alumni are invited back to campus to reminisce and recognize alumni achievement. An outstanding alumnus from each decade will be profiled. Join current faculty and professors emeriti in Patio Rooms 1 and 2, University Hospital for brunch from



11am to 1pm. View student displays and Western Nursing memorabilia. Purchase Western Nursing merchandise.

The final event will be in November and will feature a speech by a leader in Nursing. Speaker, date and times to be announced. Contact Mary-Anne Andrusyszyn at 1-519-661-2111 x86577 or maandrus@julian.uwo.ca for more information about the last three events.

A print

of an original pen and ink drawing of the front entrance of the School of Nursing (shown left) by Zenon P. Andrusyszyn, BFA is available to purchase for \$25. A portion of the funds collected from the sale of the print will go towards the 80th Anniversary celebrations. The print will be available at each of the four 80th Anniversary events. If you can not attend the events but would still like to purchase a print please contact Mary-Anne Andrusyszyn at 1-519-661-2111 x86577 or maandrus@julian.uwo.ca.

Dimensions and prices are:

- unframed outside dimensions – 21.5" x 17": cost \$25.00 + shipping and handling;
- matted and framed – 26.75" x 23" cost: \$175 + shipping and handling.

Federal government increases tax incentives for donors

Here's a snapshot of how it might affect your giving

- On gifts of publicly traded securities (such as stocks, bonds and mutual funds) made after Feb. 27, 2000 and before 2002, you only pay tax on one-third or 33.3 per cent of the capital gain. Before this, you would have paid tax on 37.5 per cent.
- If you acquire publicly traded securities through employee stock options and donate these securities to Western, you'll qualify for a reduced employment benefit, assuming you meet certain conditions. The shares must be donated in the same year and within 30 days of the stock option being exercised.
- Before the budget proposals, if you wanted to make Western a beneficiary of RRSPs, RRIFFs and life insurance policies, you were required to name your Estate as beneficiary of the proceeds and make a gift to Western in your Will in order to qualify for the tax credit. Now, you can name Western as beneficiary of these plans and the money may flow directly to Western without probate fees. Your Estate is still responsible for its income tax liabilities.

Before making any decision about your planned gift to Western, contact Western's planned giving office at (519) 661-2199 and speak with your professional advisors.



Western

"This newsletter is produced for The University of Western Ontario's Faculty of Health Sciences by the Department of Communications & Public Affairs, in partnership with the Department of Alumni Relations & Development. To provide comment on this publication or for more information on the Faculty of Health Sciences, contact Erin Lawson, Alumni Development Officer, at (519) 661-4118 or elawson@julian.uwo.ca"