Spring/Summer 2006 Volume 2, Issue 1

Rural Health Research

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Prince George to Host 7th CRHRS National Conference

by Dana Edge **Faculty of Nursing, University of Calgary**

Planning and preparation for the conference, Rural & Remote Health: Taking Action Together, to be hosted in Prince George, BC October 19-21, 2006 is proceeding full-steam ahead with the work of the members of the local planning com-

Rural &

UPCOMING

Remote Health: Taking Action Together

Oct. 19-21, 2006 Prince George, British Columbia

mittee. The conference themes for the seventh annual conference relate to all aspects of rural and remote health and participation is invited from all relevant fields of study. This year's conference themes include: aboriginal health; health in social, physical and work environments; mental health and addictions; access to rural health services; preparing health practitioners for rural practice; health



status and conditions of rural residents; and, impacts of zoonoses in rural communities.

Three workshops launch the conference on October 19th: 1) a morning workshop Knowledge Translation: A Dialogue in Aboriginal Health hosted by the National Collaborating Centre for Aboriginal Health; 2) an afternoon workshop Symposium on Knowledge Translation:

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2006 Excellence in Nursing Research Award

Dr. Judith Kulig received the 2006 Excellence in Nursing Research Award from the College and Association of Registered Nurses of Alberta at their Annual Gala Award Banquet on April 20, 2006 in Edmonton.

The annual award is given to a registered nurse who demonstrates excellence in nursing research and disseminates nursing knowledge through that research. Dr. Kulig

was nominated for the award for her research program on rural health issues including her work among groups such as the Hutterites and Kanadier Mennonites. Rather than move to a large, research-intensive university, Dr. Kulig has chosen to remain at the University of Lethbridge where she has been able to work closely with the surrounding rural communities.

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President's Message Laying the Foundation for New Growth!

The seed catalogues have arrived, the order is in the mail and it will soon be time to till the soil and start planting. Just like gardening, the work of the Canadian



Rural Health Research Society (CRHRS) involves planning and preparing for new growth ahead. Investing the time now will help ensure that a rural research agenda will be established within Canada and that capacity will be built through the development of new rural health scholars. In this way, we can ensure that our growth will meet its highest potential.

One of the mandates of the CRHRS is to influence decision makers to increase the capacity of available researchers and the number of

funded projects related to rural health. To that end, the Board members have been working with Dr. Mark Bisby at the Canadian Institutes of Health Research (CIHR) to develop a rural health peer review committee. Meetings with other individuals affiliated with CIHR have been most helpful. Watch future newsletters for progress on this initiative.

The 2006 Annual Conference will include a variety of other partners in collaboration. Such opportunities can only lead to other possibilities for our Society while also allowing individuals

to connect and discuss possible future research together.

We are continuing to explore publication venues for the CRHRS; we are encouraged that there are a number of authors seeking

venues for their completed work on a variety of topics related to rural health

research. We are looking for journals that would be interested in featuring special issues on rural health because right now commitment to developing our own journal is not economically possible.

Discussions have been underway with organizations responsible for national surveys to ensure that rural health indicators are included thereby providing unique databases for rural health researchers.

New board members are being sought which will also provide opportunities for new growth and development. Involvement from the membership, as a board member or with activities such as the newsletter, is welcome! Please feel free to contact any of the board members about these opportunities.

Judith Kulig, RN, DNSc
 School of Health Sciences
 University of Lethbridge
 Chair, CRHRS

7th CRHRS National Conference

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Paving a Road to Success, hosted by Canadian Centre for Health and Safety in Agriculture and the National Collaborating Centre in Environmental Health; and, 3) an all day workshop Building Successful Teams for Research sponsored by the British Columbia Rural & Remote Health Research Network.

Following the workshops, an evening reception will be held on October 19th, with two full days of the conference commencing on October 20th. The conference program includes keynote speakers, concurrent sessions, paper/poster presentations and meetings.

The conference will be held in the Prince George Civic Centre, in downtown Prince George. Prince George, the major service centre for northern British Columbia, is a vibrant city of 75,000. Located at the junction of Highways 16 and 97, the City is the major transportation hub and the educational centre for northern residents. Two educational institutions, the College of North Caledonia and the University of Northern British Columbia, are located within the city.

The Canadian Rural Health Research Society is pleased to sponsor this conference with a variety of collaborators including:

- British Columbia Environmental and Occupational Research Network
- British Columbia Network for Aging Research
- British Columbia Rural and Remote Health Research Network
- Canadian Centre for Health and Safety in Agriculture
- Carrier Sekani Family Services
- National Collaborating Centre for Aboriginal Health

- National Collaborating Centre in Environmental Health
- National Rural Research Network
- Northern Health Authority

Rural and northern health researchers, practitioners, and interested individuals are encouraged to submit abstracts and attend this national conference. The deadline for abstract submission has been extended to May 2, 2006. Conference brochure, abstract submission forms, and registration forms are available at http://crhrs-scrsr.usask.ca/princegeorge 2006/. Updates on the conference plans will be posted on the website. For more information, contact the Canadian Rural Health Research Society secretariat by email at crhrsscrsr@usask.ca, or by telephone at (306) 966-7888.

See you at the CRHRS conference on October 19th in Prince George!

Community Health Research in Labrador: Listening, Learning and Working Together

by Stephen Bornstein Memorial University of Newfoundland

The Newfoundland and Labrador Centre for Applied Health Research at Memorial University and the Atlantic Aboriginal Health Research Program invite participation in an upcoming research conference on Aboriginal and rural health entitled Community Health Research in Labrador: Listening, Learning

and Working Together, planned for May 16, 17 and 18, 2006 in Happy Valley-Goose Bay, Labrador.

The purpose of this conference is to develop community — university partnerships for research on the health and wellness of individuals and communities in Labrador. Through these partnerships, community members build research skills and gain increased confidence in their unique knowledge,

while research partners are given the opportunity to work closely with communities, see community needs and concerns first-hand, and have their research make a difference.

For more information visit http://my.munalum.ca/express/#events10 or contact Janice Butler, Research Coordinator at jdbutler@mun.ca.

CRHRS Annual Meeting

by Judith Kulig School of Health Sciences, University of Lethbridge

The Annual Meeting of the Canadian Rural Health Research Society was held October 28, 2005 in Quebec City during the Annual Conference. About 20 members attended. Highlights include:

- The Society has been incorporated.
- The 2004 Annual Conference held in Sudbury, ON realized a profit.
 Principles for the use of the profit are to be discussed by the executive.
 CRHRS Secretariat costs of \$5,000 are to be paid to the University of Saskatchewan.
- In the past year, the CRHRS has responded to policy issues by 1) submitting a response that focused on rural issues to The Standing Committee on Social Affairs, Science & Technology: Mental Illness, Mental Health & Addictions; 2) sending a letter to Dr. Alan Bernstein, of the CIHR in relation to the loss of support for rural and remote health research within this agency; and 3) sending letters regarding the Society to the American Rural Health Association and to the Australian Rural Health Alliance in hopes of starting dialogues with similar agencies. Consequently, the CRHRS Chair Judith Kulig has been invited to participate in the American Rural Women's email list and teleconference meetings.



- The CRHRS Newsletter has been a great success. Plans are underway for the third edition for 2005. The Society will need to determine a budgetary plan for this activity since the funding received from the Public Health Agency of Canada is for the first year only. The Rural Development Institute at Brandon University will continue its support for two newsletters in 2006.
- Discussions are ongoing about a publication venue for Canadian rural health research.
- Ways to encourage individual and corporate membership have also been
 the focus of this past year. All members are encouraged to spread the
 news about the Society to encourage
 new members to join.

The next annual meeting will be held in conjunction with the annual conference, October 19-21, 2006 in Prince George, BC.

Statistics Canada's 23rd International Methodology Symposium

by Ray Bollman Agriculture Division, Statistics Canada

Methodological Issues In
Measuring Population Health will
take place November 1 - 3, 2006 at
the Château Cartier Resort in
Gatineau (10 minutes from downtown Ottawa). This international
event addresses statistical methodology issues relevant to the work of
a government statistical agency, as
well as to broader statistical communities in health care, government, university, and other
research organizations.

This symposium will focus on methodological issues related to producing reliable information on population health. Each day will start with a plenary session that will be followed by two streams of parallel sessions. The first stream will be concerned with data development, while the second will concentrate on methods for inference and analysis.

Visit the internet site regularly to get upcoming details on the program, registration fees, accommodation, tourism information, and more at www.statcan.ca/english/conferences/symposium2006/index.htm.

CRHRS Member Institutes

The Board of Directors of the CRHRS is delighted to welcome two new corporate members: The Atlantic RURAL Centre and director Judy Guernsey, as well as The Newfoundland and Labrador Centre for Applied Health Research and director Stephen Bornstein.

Atlantic RURAL Centre

by Judy Guernsey & Jenny Daw

Major activities sponsored by the Atlantic RURAL Centre in its first 18 months include two research summits - one held in January 2005 and the second in August 2005 - both at Dalhousie University. These activities have provided a forum for sharing of ideas, experience, and information between Centre investigators. Several collaborative research teams have formed and research proposals submitted from these discussions. Planning for the fall 2006 Atlantic RURAL Centre Summit is currently under way. As per previous events, this two day meeting will be open to Centre affiliated members, students, and research users in addition to Centre investigators. Details will be posted on the Atlantic RURAL Centre's website www.theruralcentre.com.

Atlantic RURAL Centre affiliated members are those researchers, policy makers, and community research users who are interested in engaging in collaborative research with Atlantic RURAL Centre investigators. Affiliated members are eligible to benefit from Centre funding by collaborating with a Centre investigator who has been awarded pilot project funding for a project that addresses one of the four Atlantic RURAL Centre themes which include: resource reliant communities, social cohesion and community resiliency, rural occupational and environmental health hazards, and special rural populations. Affiliated members are on the Centre's distribution list and are encouraged to participate in meetings and conferences. There are currently over 30 affiliated members, with representation from all of the Atlantic Provinces and from academic, health,

and government organizations/institutions. If you wish to receive more information about the Centre, please contact Jenny Daw, Centre Coordinator, at 902-494-8051.

Centre for Rural and Northern Health Research (Laurentian University)

by Raymond Pong

CRaNHR has a publication series called Research in FOCUS on Research. Each issue is a summary of a study conducted by CRaNHR researchers and is written in a reader-friendly language. As a form of knowledge dissemination, it is intended to make CRaNHR research accessible to a wider audience. Two new issues have just been released: Does Hospital Size Make a Difference? Emergency Triage in Ontario's Small Hospitals and "Who's Next?" Triage Challenges and Best Practices in Ontario's Hospitals. Both are based on a recent study of triage practices in hospitals across Ontario.

Two other issues on nurse practitioners will soon be released. One issue is on primary health care nurse practitioners and the other on acute care nurse practitioners in hospitals. Both are based on a 2005 workforce survey of nurse practitioners in Ontario.

All Research in FOCUS on Research publications are available free-of-charge in print and on the CRaNHR website www.cranhr.ca/focus.html .

Raymond Pong has been invited to be the guest editor of a special issue of the *Cahiers de sociologie et de démographie médicales*, which is a journal devoted to examining health human resources issues and published by the Centre de sociologie et de démographie médicales in Paris, France.

The title of this special issue is "The Rural Health Workforce in Canada" and it will be published in late 2007. Those interested in contributing to this special issue, please contact Ray at rpong@laurentian.ca.

Centre for Rural and Northern Health Research (Lakehead University)

by Bruce Minore

Ontario, which has introduced interprofessional family health teams into the provincial system of primary health care, is exploring the addition of chronic mental health care to the teams' mandates. At the request of the province's Ministry of Health and Long-term Care, researchers affiliated with the Centre for Rural and Northern Health Research (Lakehead site), studied the barriers and opportunities, as well as the training needed, to enable teams to manage such care for clients who reside in the small cities, towns, rural and First Nation communities of northern Ontario. The study was done in accordance with commitments in the province's mental health reform strategy to develop services that reflect local needs.

Information was gathered through a review of national and international literature and an environmental scan involving 36 key informant interviews in Canada's other provinces and territories, and 36 in-depth interviews with members of the interdisciplinary teams currently working at primary care health centres across northern Ontario. The findings identified alternative models for mental health/primary care integration that are in place or contemplated elsewhere in the country, as well as the opportunities, facilitative or inhibitive factors, and the training requirements perceived by those on the front-line that will help implement integration in Ontario. Although the findings reflect a specific context, they are relevant to interprofessional mental health and primary health practice in other under serviced parts of the country.

For more information contact
Bruce at bruce.minore@lakeheadu.ca.

Rural Development Institute (Brandon University)

by Alison Moss and Ryan Gibson

Comparative policy, particularly in the rural sphere, has become an area of growing importance for Canada, United States, and the European Union. From late June to mid July, Brandon University's Department of Rural Development and the Rural Development Institute will co-host the International Comparative Rural Policy Studies (ICRPS) programme. Students from across Canada, the United States, and Europe will come together for the third annual three-week programme. ICRPS will reflect the unique characteristics of travel and life on the Canadian prairies, thus, enhancing policy discussion and debate by enabling students to gain perspective on the comparative nature of rural policy.

Approximately 30 students and 10 faculty members will examine methods of analyzing and comparing public policy in Canadian, European and American contexts. Local examples will be drawn upon within Brandon and the surrounding countryside to illustrate how policies and programs are layered, reflecting the relationships and linkages between local, provincial and federal powers in Canada. Examining policy issues confronted by both the public and private spheres will provide an excellent opportunity to better assess the impact of policies at all levels and by all players. ICRPS is managed by the Rural Policy Consortium, consisting of the following universities: University of Aberdeen, University of Leuven, Université du Québec á Rimouski, Brandon University, University of Guelph, Autonomous University of Barcelona, University of Missouri-Columbia, Corvinus University of Budapest, and University of Highlights and Islands. For more information, please visit www.brandonu.ca/rdi/ ICRPS2006.html.

For more information on the Rural Development Institute see the website at www.brandonu.ca/rdi or contact Dr. Robert Annis, Director, Rural Development Institute, Brandon University, 204-571-8513 or rdi@brandonu.ca.

Publications

Names of members of the CRHRS are in bold.

by Dorothy Forbes School of Nursing, The University of Western Ontario

Boydell, K., **Pong, R.W.**, Volpe, T., Tilleczek, K., Wilson, E., & Lemieux, S. (2006). Family perspectives on pathways to mental health care for children and youth in rural communities. *Journal of Rural Health*, *22*(2), 182-188.

Chan, B.T.B., Degani, N., Crichton, T., **Pong, R.W.**, Rourke, J.T., Goertzen, J., & McCready, B. (2006). Duration of rural training during residency: Rural family physicians prefer 6 months. *Canadian Family Physician*, *52*. http://www.cfpc.ca/cfp/2006/Feb/pdf/vol52-feb-research-2.pdf

Hogenbirk, J.C., Brockway, P.D., Finley, J., Jennett, P., Yeo, M., Parker-Taillon, D., **Pong, R.W.**, et al. (2006). Framework for Canadian Telehealth guidelines: Summary of the environmental scan. *Journal of Telemedicine and Telecare*, *12*(2), 64-70.

Kulig, J., Hall, B., & Grant-Kalischuk, R. (2006). Violence in rural communities: Youth speak out! *Rural and Remote Health, 6*, 500.

Leipert, B. (2005). Rural women's health in Canada: An overview and implications for policy and research. *Canadian Woman Studies 24*(4), 109-116.

Leipert, B. (2006). Rural and remote women developing resilience to manage vulnerability. In H. Lee and C. Winters (Eds.), *Rural nursing: Concepts, theory, and practice* (2nd ed.) (pp. 79-95). New York: Springer.



Pong, R.W., & Pitblado, J.R. (2006). Geographic distribution of physicians in Canada: Beyond how many and where. Ottawa, ON: Canadian Institute for Health Information. http://secure.cihi.ca/cihiweb/products/Geographic_Distribution_of_Physicians_FINAL_e.pdf.

Skinner, M.W. (2005). *Voluntarism and long-term* care in the countryside: Exploring the implications of health care restructuring for voluntary sector providers in rural Ontario (1995-2003). PhD Dissertation, Queen's University, Ontario.

Varpalotai, A., & **Leipert, B.** (2006). Rural schools / rural communities: Partnerships between physical and health educators and public health nurses. In E. Singleton & A. Varpalotai (Eds.), *Stones in the sneaker: Active theory for secondary school physical and health educators* (pp.203-222). London, ON: Althouse Press.

Woodward, C.A., & **Pong, R.W.** (2006). Factors associated with open practices: Results from the Canadian National Family Physician Survey. *Canadian Family Physician, 52*, 66-67. http://www.cfpc.ca/cfp/2006/Jan/_pdf/vol52-janresearch-2.pdf.

Research Grants & Awards

Names of members of the CRHRS are in bold.

by Dorothy Forbes School of Nursing, The University of Western Ontario

Heng, D., Pong, R.W., & Leung, H. (2005-2009). *Tracking study of the residents and graduates of the Northeastern Stream Residency Program.* Ministry of Health and Long-Term Care.

Heng, D., & **Pong, R.W.** (2006). *Tracking study of the Northern Ontario postgraduate specialty program*. Northeastern Ontario Medical Education Corporation.

Leipert, B.D. (Co-Pl), Matsui, D. (Co-Pl), & Rieder, M. (2006-2008). *A pilot study of rural women and pharmaceutical use: Issues, challenges and solutions.* \$14,000, Internal Research Fund, University of Western Ontario.

McWilliam, C., Coleman, S., Stewart, M., Vingilis, E., Ward-Griffin, C., Laschinger, H., Walker, C., Ferguson, K., **Leipert, B.**, Kothari, A., **Forbes, D.**, Kloseck, M., Golding, S., King, M., & Wilson, M. (2006-2007). *Accelerating knowledge to action on flexible client-driven inhome service delivery.* \$49,961, Canadian Institutes for Health Research.

Pong, R.W., Hogenbirk, J., Strasser, R., J., Hunt, D., **Minore, B.,** et al. (2005-2009). *Multi-year tracking study of the students and graduates of the Northern Ontario School of Medicine.* Ministry of Health and Long-Term Care.

Skinner, M.W. (2005-2007). *Informal and voluntary care in the countryside: a qualitative analysis of voluntarism, restructuring and long-term care in rural Ontario.* \$75,056, Social Sciences and Humanities Research Council of Canada (SSHRC), Postdoctoral Fellowship Award.

Sloan, C., **Pong, R.W.**, & **Rukholm, E.** (2006-2010). *The nurse practitioner workforce multi-year tracking study.* Ministry of Health and Long-Term Care.

A Meeting of Rural Minds!

by Sally Rutherford National Rural Research Network Coordinator

The second National Rural Research Network Conference will take place in Ottawa on Thursday, October 26, 2006. The theme will again be "The Market Place" but with some new twists!

UPCOMING

2nd Annual **National Rural** Research Network **Conference**

Oct. 26-28, 2006 Ottawa, ON

The National Rural Research Network (NRRN) is an important new means of supporting rural research and making rural information more easily available. By bringing current and

prospective rural researchers together with users of rural research findings the Network will enhance shared understanding of the benefits of rural research for rural and remote communities, and will contribute to improved rural and remote policy and program choices across Canada.

The Network is funded by the Government of Canada's Community Capacity Building program of the Rural Secretariat as a 3-year contribution agreement with the Canadian Rural Revitalization Foundation (CRRF).



Overall project management is provided by a Steering Committee of representatives from the Rural Secretariat and CRRE.

Last October in Twillingate NRRN had over 50 presenters and numerous posters. Our goal for 2006 is to improve on the opportunities for discussion and debate. We will also encourage greater participation by students and rural practitioners — including those involved in the health and wellness arenas.

The NRRN conference will kick off a three day "meeting of minds" on rural Canada from October 26 through 28.

• Thursday, October 26 - National Rural Research Network Market Place

- Friday, October 27 Canadian Rural Revitalization Foundation/New Rural Economy Day
- Saturday, October 28 Canadian Rural Revitalization Foundation Rural Visioning Day

The Thursday and Friday events will be held in downtown Ottawa. The Saturday event will be held in rural Lanark County.

We are presently finalizing logistics. Further information on all three days soon will be available at www.crrf.ca.

Queries can be addressed to Sally Rutherford at srutherford@monachus.com or call 613-293-7735.



2006 Excellence in Nursing Research Award

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Dr. Kulig was also one of the co-principal investigators for The Nature of Nursing Practice in Rural and Remote Canada. Her final report on the policy context of rural nursing has been downloaded over 7200 times by individuals in Australia, Japan, the United States and various areas of Canada. Dr. Sonya Grypma, who nominated Dr. Kulig for the award, stated "Dr. Kulig's research program has benefited greatly by her scientific rigor, including innovative thinking, a profound concern for ethical integrity, attention to methodological detail, and exceptional writing ability."

Pictured: Sheila McKay (left), President of CARNA, and Mary-Anne Robinson (right), Executive Director of CARNA, present the 2006 **Excellence in Nursing Research Award to Judith Kulig.**

Canadian Rural Health Research Society Newsletter

Coming Events

Conference on Aboriginal and Rural Health Community Health Research in Labrador:
Listening, Learning and Working Together will take place
May 16-18 2006 in Happy Valley-Goose Bay, Labrador. For more information visit http://my.munalum.ca/express/#events10 or contact Janice Butler, Research Coordinator at jdbutler@mun.ca.

Atlantic RURAL Centre Summit 2006 will be held in Halifax in Fall 2006. Details will be posted on the Atlantic RURAL Centre's website at www.theruralcentre.com.



Seventh Conference of the Canadian Rural Health
Research Society will take place
October 19-21, 2006 in Prince
George, BC. Watch for more information at www.crhrs-scrsr.usask.ca/eng/

OCT 19-21 2006

Second National Rural Research Network Conference

meetings/future.php.

will take place in Ottawa on
October 26, 2006. The NRRN
conference will kick off a three
day "meeting of minds" on rural Canada from
October 26 through 28.

- October 26 National Rural Research Network Market Place
- October 27 Canadian Rural Revitalization Foundation/New Rural Economy Day
- October 28 Canadian Rural Revitalization Foundation Rural Visioning Day For event information visit www.crrf.ca or contact Sally Rutherford at srutherford@ monaschus.com

Statistics Canada's 23rd International Methodology Symposium, Methodological Issues in Measuring



Population Health will take place November 1-3, 2006 in Gatineau, PQ. For more information visit *www.statcan.ca/english/ conferences/symposium2006/index.htm.*

Capacity Building:

The Experience of Health Education Workers in the Yukon

by Jan Horton Masters of Science in Community Health Sciences / University of Northern British Columbia, Whitehorse, YT

Population health literature holds that influencing the determinants of health will enable health inequities to be redressed and health outcomes improved. The question arises of how determinants of health can be addressed in community health practice. The study explores the use of a capacity building approach as a means to address health determinants in the Yukon context.

Research was conducted with Yukon health education workers, through individual and small group interview, to explore their understanding, experience and observations of the outcomes

of capacity building. All participants were associated with the Yukon College Public Health and Safety unit as employees or program instructors. Participants were randomly selected from four Yukon community size groupings, to allow identification of common themes across varied settings.

Findings about capacity building are reported in relation to meaning, process, health education worker role, Yukon context and effects of activity. Predominant themes that emerged indicate the importance of building on strengths, achieving an end of immediate importance within the context and living in relationship with the community when undertaking capacity building activity. Implications for policy, community health practice, and further research are identified.

Jan is available at: jhorton@yknet.yk.ca.

Making Connections: Membership in the CRHRS

by Denise Cloutier-Fisher Department of Geography, University of Victoria

After returning from our last annual conference in beautiful Quebec City, I was struck by the importance of some of the memberships we take up in our professional lives within universities and other organizations. Currently, 65 members are registered with the Canadian Rural Health Research Society. Seven of these are corporate memberships, 45 are individual members and the remaining 13 are student memberships. Our largest group of constituents comes from universities, but we also have members from govern-

ment organizations, hospitals, foundations, health authorities and established rural health institutes across the country.

Currently, three categories of membership are possible within the Society: institutional/corporate, individual and student. The membership year is October 1 - September 30. Thus, fees are due in October of each year.

The benefits of membership are listed on our website at www.crhrs-scrsr.usask.ca/eng/membership/benefits.php. The link for the online membership form is www.crhrs-scrsr.usask.ca/eng/membership/Membership_Form.pdf.

contact us / submissions



Please forward submissions to Sylvia Henry at the Rural Development Institute, Brandon University at *rdi2@brandonu.ca*. **Deadline for the next issue is August 7, 2006.**

This newsletter is available on the CRHRS website at http://crhrs-scrsr.usask.ca/.

Rural Health Research **NEWS**

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Stephen Bornstein
Judith Kuliq

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Brandon University.

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