

## ULTRA Scientists Day (ULTimate Trainee Retreat to Advance Scientists Day)

Wednesday, November 9<sup>th</sup>, 2022, 8:30 a.m. – 4:40 p.m.

Delta Hotels by Marriott Calgary Downtown, Alberta

### EVENT OVERVIEW

Tuesday, November 8 <sup>th</sup> , 2022		
8:00 a.m. – 5:00 p.m.	CIRTN Scientific Sessions (Student Research Talks, Keynote lecture)	
5:00 p.m. – 9:00 p.m.	CCHCSP/ENRICH Team Building Dinner	
7:00 p.m. – 9:00 p.m.	CIRTN Evening Dinner and Networking Event	
Wednesday, November 9 <sup>th</sup> , 2022		
8:00 a.m. – 5:00 p.m.	ULTRA Scientists Day	ENRICH Strategic Planning Meeting
5:00 p.m. – 8:00 p.m.	Pub Scientifique Shoe and Canoe Public House, Delta Hotel	

### ULTRA SCIENTISTS DAY PROGRAM

*click on presenter's name to access their biography*

Wednesday, November 9 <sup>th</sup> , 2022		
8:30 a.m. – 9:00 a.m.	Registration and breakfast	
9:00 a.m. – 9:10 a.m.	Welcome and land acknowledgement <i>Co-Chairs: Susan Samuel (ENRICH) &amp; André Tchernof (myROaD)</i> <i>Land Acknowledgement: Jon McGavock</i>	
9:10 a.m. – 9:55 a.m.	Patient engagement in research - <i>Kathryn Birnie, Isabel Jordan</i>	
9:55 a.m. – 10:40 a.m.	Patient engagement and intersectionality - <i>Carolyn Shimmin</i>	
10:40 a.m. – 10:55 a.m.	<b>BREAK</b>	
10:55 a.m. – 11:40 a.m.	Implementation science talk - <i>Gabrielle Zimmermann</i>	
11:40 a.m. – 12:40 p.m.	<b>LUNCH</b>	
12:40 p.m. – 2:40 p.m.	Grant writing workshop: The art of writing a knowledge mobilization/translation plan <i>Monika Kastner, Research Chair in Knowledge Translation and Implementation at North York General Hospital</i> <b>Peer review supports:</b> <i>André Carpentier, Jon McGavock, Monika Kastner, André Tchernof, Kathryn Birnie, Isabel Jordan, and the ENRICH Patient Council</i>	
2:40 p.m. – 2:55 p.m.	<b>BREAK</b>	
2:55 p.m. – 3:40 p.m.	Peer mentorship talk – How to build your career - <i>Jennifer Yamamoto</i>	
3:40 p.m. – 4:25 p.m.	Conflict resolution – Having difficult conversations - <i>Lukas Neville</i>	
4:25 p.m. – 4:40 p.m.	Wrap up and invitation to the Pub Scientifique <i>Co-Chairs: Susan Samuel (ENRICH) &amp; André Tchernof (myROaD)</i>	

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YOUR FREE CODE TO  
ATTEND THE 2022  
DIABETES CANADA &  
CANADIAN SOCIETY OF  
ENDOCRINOLOGY AND  
METABOLISM (CSEM)  
PROFESSIONAL  
CONFERENCE

### Pub Scientifique

*You are invited to continue the conversation and discussions with our panelists. They look forward to discussing and answering your career-related (and life-related) questions.*

**Location: Shoe and Canoe Public House, Delta Hotel – From 5:00 p.m. – 8:00 p.m.**

**Light hors d'oeuvres, wine, and beer will be served.**



Department of Pediatrics and  
Community Health Sciences  
University of Calgary



# Dr. Susan Samuel

Co-Chair (ENRICH)

### Occupation

Dr. Samuel is a Professor in the Departments of Pediatrics and Community Health Sciences at the University of Calgary's Cumming School of Medicine, and a member of the Alberta Children's Hospital Research Institute and the O'Brien Institute of Public Health. She holds a Tier 1 Canada Research Chair in Precision Medicine and Data Science in Child Health.


### Background

Her research goal is to improve care and outcomes of children with chronic disease, in particular those with kidney disease. She leads the Canadian Childhood Nephrotic Syndrome Project, a national initiative designed to evaluate the impact of care variation on patient outcomes and to conduct clinical trials. She also leads the Transition Navigator Trial research team, a multi-disciplinary group evaluating effectiveness of interventions to improve transition to adult care. Her work is funded by the Canadian Institutes of Health Research and various foundations. She serves on national and international committees working to increase research capacity, and to improve translation of evidence into practice.

She is passionate about mentoring and guiding clinicians towards academic and scientific careers. In her role as Director of the ENRICH (Empowering Next-generation Researchers In perinatal and Child Health) health research training platform, she is helping scholars establish successful careers in perinatal and child health research.



School of Nutrition  
Laval University



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# Dr. André Tchernof

Co-Chair (myROaD)

### Occupation

Dr. Andre Tchernof is Professor at Laval University School of Nutrition. He is co-director of the Research Chair in Bariatric and Metabolic Surgery, the Obesity Tissue Biobank and Obesity Research Division at the Quebec Heart and Lung Institute.

### Background

He is currently the Principal Investigator of a Canadian Institutes of Health Research Team Grant on bariatric care, the REMISSION study. He contributed to more than 200 publications in peer-reviewed journals. His research interests relate to the metabolic complications of obesity and body fat distribution, with a particular emphasis on adipose tissue physiology.



Department of Anesthesiology,  
Perioperative and Pain Medicine,  
and Department of Community  
Health Sciences  
University of Calgary

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# Dr. Katie Birnie

Patient engagement in research

### Occupation

Dr. Kathryn (Katie) Birnie is a Clinical Psychologist and Assistant Professor in the Departments of Anesthesiology, Perioperative, and Pain Medicine, and Community Health Sciences at the University of Calgary where she leads the Partnering For Pain program. She is the Associate Scientific Director of Solutions for Kids in Pain (SKIP), a national knowledge mobilization network working to improve evidence-based children's pain management through coordination and collaboration.

### Background

Dr. Birnie joined Alberta Children's Hospital as a medical psychologist in 2018, where she continues to provide clinical care through the Vi Riddell Children's Pain and Rehabilitation Program. Dr. Birnie is a recognized leader in pain research and patient partnership. She was the recipient of the 2022 Early Career Award and 2020 Pain Awareness Award from the Canadian Pain Society and was selected as a 2020–2021 MAYDAY Fellow. Dr. Birnie's Partnering For Pain research program engages strong partnerships with youth, families, healthcare professionals, decision-makers, and community organizations to improve the assessment and management of pain in children. She has published more than 70 peer-reviewed scientific publications and her work has been shared via CBC News, CTV News, Global News, the Washington Post, Radio Canada International, and The Globe and Mail, among others. Dr. Birnie is a strong advocate for the partnership of patients and families in health research, health care delivery, and health systems design.



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# Isabel Jordan

Patient engagement in research

### Occupation

Isabel Jordan draws from her lived experience to provide leadership and guidance in health care and health care research to support meaningful patient engagement practices and partnerships that are aligned with patient-oriented research.

### Background

Isabel was a founding member of the Rare Disease Foundation. Under her leadership, the organization built partnerships between families and researchers through their Microgrant Program. Isabel is the Strategic Lead in Patient Partnerships in the Chambers Lab at Dalhousie University as well as the patient engagement advisor for Solutions for Kids in Pain (SKIP), a knowledge mobilization network that seeks to bridge the gap between treatment practices and evidence-based solutions for children's pain in Canadian health institutions.

Isabel is the mother of a young man living with a rare disease and has drawn on her lived experience in rare disease and disability to become a strong advocate for patient partnership in research. She's been interviewed on CBC radio, written blog posts on patient engagement, co-authored Patients Included™ charters, is a member of numerous health research committees, and has spoken at national and international conferences about collaborations between researchers and patients.



Patient and Public Engagement Lead  
SGBA Champion  
Knowledge Translation  
George & Fay Centre for Healthcare  
Innovation



# Carolyn Shimmin

Patient engagement and intersectionality

### Occupation

Carolyn Shimmin is the Patient and Public Engagement Lead at the George and Fay Yee Centre for Healthcare Innovation (CHI), Manitoba's Strategy for Patient-Oriented Research (SPOR) SUPPORT Unit. In this role, she leads CHI's strategy on the meaningful and inclusive engagement of people with lived/living experience in health research decision-making.

### Background

Previous experience includes stakeholder engagement, research, writing and reporting on various health policy issues including mental health, addictions, trauma and the sexual exploitation of youth. Areas of interest include patient engagement, knowledge translation, trauma-informed approaches, intersectional analysis, and poststructuralist queer theory. Carolyn has a Bachelor of Journalism Combined Honours Political Science and a Master of Gender Studies. She is also currently a PhD student in the University of Manitoba's Community Health Sciences program.



Department of Community Health  
Sciences  
University of Calgary

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# Dr. Gabrielle Zimmermann

Implementation science talk

### Occupation

Dr. Gabrielle Zimmermann is the Program Coordinator – Knowledge Translation & Implementation Science with the Alberta SPOR SUPPORT Unit Learning Health System Team. Gabrielle is also an Adjunct Assistant Professor with the Department of Community Health Sciences at the University of Calgary.

### Background

She has wide-ranging experience in research and Knowledge Translation (KT) that encompasses the knowledge to action cycle; from creating and synthesizing evidence to facilitating the implementation of evidence into practice. Her experience includes critical appraisal of evidence, developing KT plans/proposals and the practical application of implementation science.



Institute of Health Policy, Management  
and Evaluation  
Department of Family and  
Community Medicine  
University of Toronto



# Dr. Monika Kastner

The art of writing a knowledge  
mobilization/translation plan

### Occupation

Dr. Monika Kastner is the Research Chair in Knowledge Translation and Implementation Science (KT-IS) at North York General Hospital in Toronto, Associate Professor (at the Institute of Health Policy, Management and Evaluation) and Assistant Professor (Department of Family and Community Medicine) at the University of Toronto.

### Background

Monika's research interests and goals are to make a positive impact on the health of priority populations such as older adults with multimorbidity or social frailty with the use of innovative e-Health technologies that optimize health care delivery, clinical decision making, and improved patient outcomes; and to advance the science and practice of KT-IS and health services research. Her work has been recognized by the Canadian Institutes of Health Research and the Ontario Ministry of Research, Innovation and Science on the KeepWell initiative, which is a unique web-based application that empowers older adults and their primary care providers to optimize multimorbidity management.



Department of Internal Medicine  
University of Manitoba

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# Dr. Jennifer Yamamoto

Peer mentorship:  
How to build your career

### Occupation

Dr. Yamamoto is an endocrinologist and clinician researcher at the University of Manitoba, and an adjunct assistant professor in the Department of Medicine at the University of Calgary.

### Background

In addition to her clinical training, she completed her MSc in Clinical Epidemiology and furthered a one-year research fellowship in diabetes in pregnancy at the University of East Anglia in the United Kingdom. Dr. Yamamoto holds the Henry G. Friesen Professorship in Endocrinology at the University of Manitoba as well as a Diabetes Canada End Diabetes:100 Award and CIHR funding. Her clinical work and research focus on diabetes in pregnancy.



Strategic Partnerships & Administration  
Asper School of Business  
University of Manitoba

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# Dr. Lukas Neville

Conflict resolution:  
Having difficult conversations

### Occupation

Dr. Neville is Acting Associate Dean of Strategic Partnerships and Administration at the Asper School of Business, and is an assistant professor of organizational behaviour. Lukas holds a Ph.D. from the Smith School of Business at Queen's University.

### Background

He teaches in the Asper undergraduate, MBA, and executive education programs, and has facilitated training for clients in a range of industries, including financial services, retailing, logistics, and healthcare. His teaching has been recognized with a range of awards including the Reg Litz MBA Luminary Teaching Award, the Associates Achievement Award, and the CSA Golden Shovel. His research and teaching both focus on how organizations and teams can constructively manage and resolve conflicts.