



Issue 3 | April 2023



CCHSA - WHO WE ARE

*INTERESTED IN THE PAST YEARS' ACTIVITIES AT THE CCHSA?
CHECK OUT OUR ANNUAL REPORTS AT
CCHSA-CCSSMA.USASK.CA*

The CCHSA is an embodiment of research to action in the health and safety of rural and agricultural populations.

Our Mission - Development and dissemination of research, services, resources, and knowledge for the health and safety of rural and agricultural populations and professionals.

Our Strategy - We are a developer, collaborator, source, connector, and catalyst to advance research, knowledge translation, extension, and service in the health and safety of rural and agricultural populations.

Our Vision - A world where people who live and work in rural, remote, and agricultural settings are healthy and safe.

Our Values - Partnering, Collaboration, Innovation, Commitment, Sharing, Impact



CCHSA Highlights

WELCOME TO

CCHSA



Dr. Merle Massie, PhD

On March 1st, 2023, Dr. Merle Massie joined the Canadian Centre for Health and Safety in Agriculture as a Professional Research Associate. Massie grew up north of Prince Albert in the Paddockwood region of the forest fringe on a stump-ranch farm, and currently lives in Biggar, Saskatchewan where she and her husband farm in the Bear Hills between Biggar and Rosetown. Massie is an award-winning Saskatchewan historian and author and came to the Centre from the University of Saskatchewan's Office of the Vice President Research, where she led programs for undergraduate students to learn about research. Massie was a recent USask TEDx speaker, and her talk, "Who Can Be a Researcher?" can be found on YouTube.

[Watch Merle's TEDx Talk](#)

CCHSA News

Staff, Faculty & Students



Dr. Shelley Kirychuk

On March 14, 2023, Dr. Shelley Kirychuk, was appointed Director of the Canadian Centre for Health and Safety in Agriculture (CCHSA) for a five-year term effective January 1, 2023. Dr. Kirychuk had been serving as interim director, CCHSA since November 2022.

Dr. Preston Smith, Dean of Medicine, reiterated that Shelley brings excellent leadership skills and experience to this role within CCHSA and that she has been a member of CCHSA since her faculty appointment in the Department of Medicine in 2007. Dr. Smith also thanked the search committee for their time and commitment to the search process.



Megan Tomilin

Megan Tomilin, co-supervised by Dr. George Katselis and Dr. Tina Greenfield, successfully defended her MSc.

Title: *They are What They Ate: Isotopic and Proteomics Analysis of the Animal teeth from Early Dynastic Abu Salabikh, Sumer* on April 4, 2023.

Congratulations Megan Tomilin!

2022-2023 SARM SCHOLARSHIP AWARD RECIPIENTS

On March 14, at the Saskatchewan Association of Rural Municipalities Convention, two high school students were announced as the 2022-2023 SARM Scholarship winners. Each will receive \$1,500 towards enrollment in any Saskatchewan post-secondary institution.



KIRA WIGNES

"Farming is a demanding career that involves working long hours while trying to plan around many variables that are uncontrollable. After some time, working in such a physically and mentally stressful environment can become significantly exhausting and lead to impaired decisions, unsafely handling equipment or carelessly entering pens of livestock. This not only endangers yourself, but also those around you. It is critical to take care of your mental health as an agriculture producer and reach out to resources that can offer proper support in an accessible way." Kira Wignes of Viscount, RM of Viscount No. 341.



CALEB REEVE

"Safety is an absolute priority on our farm. We implement many safety measures that other farmers around our area do not. An example of this is that our yard manager has a harness system he uses on the bins to protect him from fatal falls. It only takes him a minute to get strapped in, so why wouldn't you?" Caleb Reeve of Wynyard, RM of Big Quill No. 308

In 1995, the Saskatchewan Association of Rural municipalities (SARM) auctioned off the first copy of their history book, "The Building of a Province: Commemorating the 90th Anniversary of the Saskatchewan Association of Rural Municipalities". The money from the auction then initiated the "Saskatchewan Association of Rural Municipalities 90th Anniversary \$1,000 Student Scholarship in Agricultural Safety and Rural Health." Since 1996, The Canadian Centre for Health in Agriculture (CCHSA), through its Founding Chairs Program has maintained the Agricultural Safety and Rural Health Scholarship. In the 2013-2014 school year, CCHSA started offering two \$1,500 Student Scholarships

THE CCHSA SEMINAR SERIES WILL RETURN IN SEPTEMBER 2023!



Topics include current issues in agricultural and rural health research and practice. Seminar speakers include those affiliated with CCHSA, with other departments at U of S, and visitors to the university such as those from other institutions or government. We encourage presentations from students, researchers, Centre staff, and practitioners. The 30 to 40-min presentation format emphasizes discussion of topics and encourages participant interaction with speakers.

The CCHSA seminar is a biweekly lecture delivered by invited speakers on Tuesdays from 2:30-3:30 during the academic term.

We are using hybrid platform for these seminars. Contact us if you want to be one of the presenters. Link to seminar meeting and schedule is below.

Service and Knowledge Mobilization

STRONGER TOGETHER FOR AG HEALTH AND SAFETY

Agricultural Health and Safety Network Activities & Program Delivery



1988 - 2023

aghealth.usask.ca

35 years of delivering and educating our agricultural populations in health and safety. The Network wouldn't be what it is today if it wasn't for our great partnership between the CCHSA, the Saskatchewan Association of Rural Municipalities, the Saskatchewan Ministry of Agriculture and the people who live and work in rural municipalities.



UNIVERSITY OF SASKATCHEWAN
Canadian Centre for Health and Safety in Agriculture
CCHSA-CCSSMA.USASK.CA



SARM

Saskatchewan Association of Rural Municipalities

DISCOVERY DAYS

What are they?



Hi, I'M TODD! I COME ALONG TO ALL THE NETWORK'S DISCOVERY DAYS PRESENTATIONS AT YOUR SCHOOLS. I LOVE TO SHARE FARM SAFETY TIPS WITH THE CHILDREN AND TO REMIND THEM THAT SAFETY IS AN EVERYDAY TASK. CANNOT WAIT UNTIL WE MEET AGAIN!

Discovery Days Presentations:

February 3rd, 2023:

- Balgonie School, RM of Edenwold No. 158, Div. 2.

February 10th, 2023:

- Borden School, RM of Great Bend No. 405, Div. 6.

February 28th, 2023

- Aberdeen School, RM of Aberdeen No. 343, Div. 5

March 17th, 2023

- Langham School, RM of Corman Park No. 344, Div. 5

March 7th, 2023

- Laird School, RM of Laird No. 404, Div 5

March 30th, 2023

- Vanguard School, RM of Whiska Creek No. 106, Div. 3

HEARING & RESPIRATORY CLINICS:

- RM of Cambria #6, Torquay, SK: February 28, 2023
- RM of Leroy #339, Leroy, SK, March 22, 2023
- RM of Moose Range #486, Carrot River, SK, April 19, 2023
- RM of Sask. Landing #167, Stewart Valley, SK, April 25, 2023



Want to host a Hearing or Respiratory Clinic for your farm families?
Contact (306) 966-6643

SARM CONVENTION: MARCH 14-16, 2023

The annual Saskatchewan Association of Rural Municipalities meeting brings together RMs from across Saskatchewan for featured forums, awards, bearpit sessions, meetings, sessions, and a trade show.

The Agricultural Health and Safety Network/CCHSA was there in full force, with a busy booth. While checking out the many brochures on farm health and safety, visitors also enjoyed the 35th anniversary cake – with a choice of vanilla, chocolate, or carrot. Both the trade show and the sessions offered opportunities for connection and learning, and the Network/CCHSA gave out their scholarships in front of the packed house of over 3000 delegates. Both Kendra and Shelley came away with plenty of business cards, contacts, and opportunities for follow-up conversations.



Photo : Left to Right: Shelly Sander, Kendra Ulmer, Sueli de Freitas, Shelley Kirychuk

THE NETWORK AT THE SARM CONVENTION: HIGHLIGHTS

- This year, the SARM convention took place in Saskatoon and the Agricultural Health and Safety Network held its Annual General Meeting on March 15. During the AGM, the Network presented awards for RMs that have been members for 25, 20, 15, 10 and 5 years.
- Two High-school students were also presented with the SARM Scholarship award of \$1,500 each to pursue undergraduate studies.
- This year, the Ike Thiessen "Building a Foundation Award" awards was presented to **Brenda Zemluk** in recognition of the support and dedication to the Agricultural Health and Safety Network and our mission with health and safety for Agriculture production in Saskatchewan.



Network Booth



25-Year Award RMs recipients



Dr. Kirychuk, B. Zemluk, K. Ulme



ANNUAL GENERAL MEETING



SUCCESSFUL AGM FOR THE AGRICULTURAL HEALTH AND SAFETY NETWORK

Nearly 80 RM Councillors crowded in for a hot breakfast and to participate in the Annual General Meeting of the Agricultural Health and Safety Network. The packed room heard opening remarks from Dr. Shelley Kirychuk, Director of the Canadian Centre for Health and Safety in Agriculture, and from Kendra Ulmer, Manager of the Agricultural Health and Safety Network, who gave an overview of the Network's activities for the past year.

Darin Pedersen presided over the meeting. Many RMs were present to accept their membership awards and recognition, and Deputy Minister of Agriculture Rick Burton looked in to appreciate the full room.



Dr. Shelley Kirychuk & Kendra Ulmer from the Network celebrating the RM of Edenwold for 20 years of supporting great safety program in Saskatchewan. Communications Officer Lee Chambers proudly accepted the award on behalf of the entire RM.



Mark Nagel from Porcupine Plain was the lucky winner of the Network's goodies package



Dr. S. Kirychuk & K. Ulmer



Kendra Ulmer and Merle Massie at the Network's booth



Kira Wignes and Caleb Reeve (SARM Scholarship winners), Dr. Shelley Kirychuk & Kendra Ulmer (CCHSA/Network)

AHSN NEW RESOURCE

Musculoskeletal Health and Safety in Agriculture



Thanks to Chiropractors Association of Saskatchewan for supporting the printing and distribution of this resource to the Network members in our March mailout.

This resource provides many benefits to farmers and rural workers by:

- Increasing awareness of hazards on the farm that can impact farmer musculoskeletal health
- Educates in ergonomic best practices and exercises
- Musculoskeletal Disorder (MSD) prevention tips
- Managing MSDs through decreased pain and increased strength
- Additional resources and treatments available

What is a MSD Policy?

Outlines the farms commitment to preventing MSD injuries including definitions, roles, responsibilities, risk factors, hazard identification and control, training and education, monitoring and evaluation as well as contractor involvement.

AHSN NEW RESOURCE

INTRODUCING THE TAKE A BREAK FROM THE SHAKE PAMPHLET

Farm machinery can expose operators to several hazards including whole body vibration (WBV). An informational pamphlet was developed, in both official languages, on the practical tools and strategies that operators can integrate in their workday to help mitigate the health risks.

Gaze Stabilization Exercises
Move your head and neck at your own pace while maintaining eye contact with a fixed point.

Stretching or exercise breaks
Provide the musculoskeletal system time to recover. Help reduce some cumulative effects of vibration energy. It's easy to include simple activities to improve your health during your workday!

Tools and Strategies
What can you do?
As producers, you need to operate farm machinery and often for long periods of time. There is no way to completely eliminate the hazard of whole body vibration (WBV) in agriculture, but there are ways to reduce your risk of exposure and injury when spending long days operating machinery.
The research team at the University of Saskatchewan Ergonomics lab have developed dedicated activities to help you make the most of your rest breaks.
Dedicated rest break activities
There are also many habits that can be integrated in your workday to help you get moving and reduce your exposure to vibration. Check out these simple tips and tricks!
Tips and Tricks

Make good use of breaks!
Check your equipment
• Regularly inspect your tractor or combine.
• Help avoid breakdowns.
• Added benefit of physical movement!
Get out of that cab!
• Walk to get your lunch.
• Go on foot instead of using the 4-wheeler.
When should you take a break?
• Based on field studies, researchers recommend maximum levels of vibration exposure when operating a tractor, combine or any large equipment.
2 hours good time for a break!
4 hours break strongly recommended

WBV Risks

Shaken, not stirred
Whole body vibration (WBV) is known to be associated with back and hip disorders, but it can also contribute to the risk of falls and collisions (accidents).
The short-term effects of WBV include:
• Stress
• Loss of balance
• Reduced sense of body position and self-movement.
• Reduced sensory and motor responses.
With long-term exposure to WBV, the effects are cumulative and can contribute to the development or aggravation of low-back injuries.

Get up and move!

Additional Resources
Scan the QR codes with your phone camera
No. of Copies: 00000
By: 0394
Dr. Dana Burnett
dana.burnett@usask.ca
306-241-8727
Canadian Centre for Health and Safety in Agriculture
aghealthandafety@usask.ca
CANADIAN AGRICULTURAL PRODUCTORS
CANA-AGRA
Canada

The objective was to create a well designed and concise pamphlet that will help pique the interest of farm machinery operators and increase uptake of the key messages:

1. Exposure to WBV during farm machinery operation can have significant health risks.
2. Take a break once in a while! Rest breaks can significantly reduce the associated short and long-term health risks.

[MSK Resource](#)

[WBV Pamphlet](#)

[Other AHSN Resources](#)

[Contact us by email](#)



Knowledge translation (KT) is an essential piece of the research puzzle that brings together information, innovation, and outputs from research projects. The CCHSA is leading the KT effort for the six projects of Agrivita Canada Inc's Canadian AgriSafety Applied Science Program. This program is supported under the Canadian Agricultural Strategic Priorities Program (CASPP).

One of the main objectives of this KT initiative is to produce informational bulletins, 1-3 pages in length with an audience specific format (general public, industry, researchers, policy makers, etc.). Bulletins are created and disseminated in consultation with each project team. The AgriSafety Program is currently starting its last year, so many new results are available from the research projects. A total of 13 bulletins were produced during the last year under the CanFarmSafe trademark.



All CanFarmSafe bulletins are available on the Agrivita website: www.agrivita.ca

CanFarmSafe Bulletins

Research

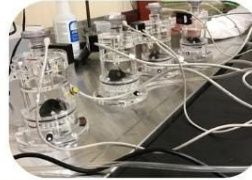
OCCUPATIONAL HYGIENE AND HEALTH LABORATORY

National Agricultural and Industrial Hygiene Laboratory

The Occupational Hygiene and Health Laboratory focuses on identifying, evaluating, and controlling exposures to chemical, physical, and biological hazards to implement control measures that will reduce incidences of impaired health and sickness in agriculture and other rural based populations and industries. The Occupational Hygiene and Health Laboratory does both field-based and bench-based research. Our equipment can be found on our website and is available to rent.

On going research in the Occupational Hygiene and Health Laboratory:

- Antimicrobial Resistant Genes in bioaerosols, air quality, and animal welfare in Livestock facilities.
- Inflammatory responses to different agricultural exposures, low elevations of CO₂ and viral infections.
- Inactivation and transfer of pathogens in ventilation systems.
- Indoor Air Quality in Saskatchewan First Nation Communities.



For more information on the Occupational Hygiene and Health Laboratory contact: **Brooke Thompson**
brooke.thompson@usask.ca

Dr. Shelley Kirychuk
Lab Director



Brooke Thompson
Lab Manager



[Occupational Hygiene Laboratory website](#)

[2D10 website](#)

[Contact the Lab Manager](#)

MASS SPECTROMETRY LABORATORY FOR OMICS RESEARCH National Agricultural and Industrial Hygiene Laboratory

The Mass Spectrometry Laboratory for Omics Research, located in D-wing of the Health Sciences Building, uses state of the art mass spectrometry instrumentation for innovative research in proteomics, metabolomics, and lipidomics, and provides customized services to academia and industry. Our price list for our Fee for Service options can be found on our website.

Mass Spectrometry Services offered on a Fee for Service basis:

- LC-MS/MS qualitative identification and characterization of proteins
- Identification and sequencing of unknown peptides, proteins, and antibodies.
- Accurate mass determination of peptides, proteins, antibodies, small molecules, metabolites and lipids
- Protein enrichment and post-translational modification analyses
- Affinity purification to study protein-protein interactions
- Untargeted Protein quantification using SILAC, iTRAQ or label-free quantification
- Targeted and untargeted metabolomics and lipidomics
- Bioinformatics analyses of raw sample data
- Array of sample preparation, fractionation and sample clean-up for MS analysis.



For consultation on pricing or a quote for MS sample analysis please contact: **George Katselis** **Brooke Thompson**
george.katselis@usask.ca brooke.thompson@usask.ca

[Mass Spectrometry website](#)

RaDAR PRIMARY CARE MEMORY CLINICS

RaDAR primary care memory clinics are an ongoing collaboration between Saskatchewan Health Authority primary health care teams and the Rural Dementia Action Research (RaDAR) Team (latest update). Held in rural southeast Saskatchewan communities, local one-day memory clinics are intended to reduce travel and wait times for specialist appointments, providing coordinated care and support for patients and families.

Memory clinics are held every 1-2 months or as needed by each primary health care team as part of their regular services in the communities of Kipling, Weyburn, Rural West (Bengough and Radville), Carlyle, and Maryfield.

Specialist support for health professionals and remotely-delivered interventions for patients and families are offered through the specialist Rural and Remote Memory Clinic at the University of Saskatchewan, which is part of the RaDAR program and provides ongoing clinical and research services.

The Lampman and Esterhazy primary health care teams are the latest to join the RaDAR program.

Orientation and training will be provided to the Esterhazy team March 30 and to the Lampman team on April 20. Orientation includes training related to dementia assessment and management provided by Dr. Dallas Seitz using the Primary Care Dementia Assessment and Treatment Algorithm (PC-DATA) developed by Dr. Seitz based on Canadian guidelines. Funding to support involvement of the Esterhazy team is provided by a grant to Dr. Debra Morgan from the Dementia Supports in Rural Saskatchewan study (Project Lead Dr. Bonnie Jeffery). The RaDAR team continues to collaborate with health professionals and the Saskatchewan Health Authority to establish additional memory clinic sites in the province.

MEET THE RADAR TEAM MEMBERS SUPPORTING THE PRIMARY CARE MEMORY CLINICS: WHO ARE WE AND WHAT DO WE DO?



Debra Morgan

Dr. Debra Morgan is a Professor and Chair, Rural Health Delivery, in the Department of Medicine and Canadian Centre for Health and Safety in Agriculture (CCHSA), University of Saskatchewan. After obtaining her Registered Nursing diploma in 1974 she worked in various clinical areas before completing her BSN, MN, and PhD (Nursing) at the University of Saskatchewan. The following three years were spent as a Post-Doctoral Fellow at the CCHSA. In 1999 Dr. Morgan joined the faculty of the CCHSA where she held a CIHR New Investigator Award (1999 to 2004), a CIHR New Emerging Team Grant (2003-2010), and CIHR-SHRF Applied Chair in Health Services & Policy Research (2009 - 2015).

Dr. Morgan leads the Rural Dementia Action Research (RaDAR) research program, which focuses on rural and remote dementia care, early assessment and diagnosis, and primary health care. RaDAR is a community-based participatory research program that relies on stakeholders to guide the research. Dr. Morgan is administrative director of the specialist RaDAR Rural and Remote Memory Clinic launched in 2004 as research demonstration project at the University of Saskatchewan and since funded by the Ministry of Health.

Since 2014 the RaDAR team has been a member of the CIHR Canadian Consortium on Neurodegeneration in Aging (CCNA), which brings together over 350 researchers in 19 teams across Canada. As the only rural-focused CCNA team, RaDAR's involvement is raising awareness of rural dementia care issues across Canada. Dr. Morgan led Team 20 "Dementia Care in Rural Populations" in CCNA Phase 1 (2014 to 2019). In Phase (2019-2024) she co-leads Team 15 Rural with Dr. Megan O'Connell. Dr. Morgan is also the Lead of a 7-year CIHR Foundation Grant "Design and evaluation of integrated primary health care practices for dementia in rural and remote settings" (2016-2023). This grant provides ongoing support for research to develop, implement, and sustain rural primary care memory clinics, now in five communities, with more coming on stream soon.



Julie Kosteniuk

Dr. Julie Kosteniuk is a Professional Research Associate with the RaDAR team at CCHSA, University of Saskatchewan. Dr. Kosteniuk holds a PhD in Psychiatry and a graduate degree in Sociology, and is involved in research related to the RaDAR primary care memory clinics, primary health care, and health service use among persons living with dementia.



Megan O'Connell

Dr. Megan O'Connell is a Clinical Neuropsychologist, Professor in Clinical Psychology, Clinical Director of the specialist Rural and Remote Memory Clinic, CCHSA and RaDAR Investigator, University of Saskatchewan. Dr. O'Connell is involved in many RaDAR projects, co-Leads CCNA Team 15 Rural, and has developed and implemented a suite of interventions delivered remotely across the province using technology.



Dallas Seitz

Dr. Dallas Seitz developed the Primary Care Dementia Assessment and Treatment Algorithm (PC-DATA) based on Canadian guidelines and supports the RaDAR team by providing rural primary care memory clinic team training related to dementia assessment and management. Dr. Seitz is an Associate Professor at the University of Calgary in the Department of Psychiatry at the Cumming School of Medicine. He was the Provincial Medical Lead for Dementia Capacity Planning in Ontario and current President of the Canadian Academy of Geriatric Psychiatry. His research examines health service utilization of older adults with psychiatric disorders; evaluation of the safety and efficacy of treatments for geriatric mental health conditions; and, knowledge translation in geriatric mental health.



Duane Minish

Duane Minish is a Research Officer with the RaDAR team at CCHSA and psychometrist for the specialist Rural and Remote Memory Clinic (RRMC), University of Saskatchewan. Duane has a BA in Psychology and provides support for a number of RaDAR projects including coordinating the annual Summit of the Knowledge Network in Rural and Remote Dementia Care. As the RRMC psychometrist, he also administers the standardized assessments to clinic patients and works closely with the clinic neuropsychologist and clinic students.



Valerie Elliot

Valerie Elliot is a Research Officer with the RaDAR team at CCHSA, University of Saskatchewan. Valerie's background includes a BA (Hons) in Psychology, and a Master's degree in Public Health. She joined CCHSA at Usask in January 2014 and was primarily involved with the Saskatchewan Rural Health Project, and the Saskatchewan Farm Injury Project (Phase II). Valerie began working with the RaDAR team in the spring of 2017 where her research is mainly focused on supporting RaDAR's collaboration with the rural primary care memory clinic teams.



Chelsie Cameron

Chelsie Cameron (B.Sc. Kinesiology) is a Research Assistant and Rural Primary Health Care Coordinator for the RaDAR team since 2019 and is based in Arcola, Saskatchewan. Chelsie's main roles are to conduct research activities related to RaDAR memory clinics throughout Saskatchewan and assist with scaling up the clinic model to new sites. Chelsie travels to every memory clinic throughout the province on a regular basis to collect research data and provides ongoing operational support to the primary care memory clinic teams.



Jean Daku

Jean Daku is a Nurse Practitioner and Research Assistant with the RaDAR team in Kipling, Saskatchewan. In 2017, Jean and the Kipling team collaborated with RaDAR to implement the first RaDAR memory clinic in Saskatchewan. Jean's main roles are to provide clinical and operational support to primary care teams as they implement the memory clinic model and to provide ongoing support to existing teams as needed.

IN UPCOMING ISSUES



- **Meet the Rural and Remote Memory Clinic team**
- **USask RaDAR collaborators, and**
- **External RaDAR collaborators**

RURAL DEMENTIA ACTION RESEARCH: RaDAR Team

The RaDAR research program is led by Dr. Debra Morgan and guided by The Knowledge Network in Rural and Remote Dementia Care. The Network includes front-line health care providers and managers, people living with dementia and family members, health region representatives, international researchers, and individuals from governmental and community-based organizations.



The Network meets at the annual Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where Network members provide input into new and ongoing research projects.

Mark your Calendar and Save the Date!



THE 16TH ANNUAL SUMMIT MEETING *by the RaDAR team*

Updates on Summit planning for 2023, and information from past Summit events are available on our website!

Dementia care summit

Current and previous editions of the RaDAR newsletter are available here

Please contact Valerie Elliot to join our mailing list!

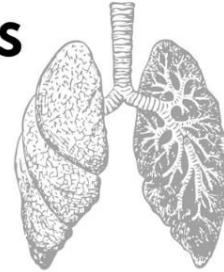
After having a COVID-19 infection, many individuals continue to experience symptoms that persist for weeks, months, or even years. Feeling short of breath or breathing discomfort (dyspnea) is one of the most common, distressing, and debilitating symptoms that persists. How dyspnea is experienced following a COVID-19 infection is not fully understood.

Dr. Donna Goodridge, Dr. Joshua Lawson, and a team of researchers at the University of Saskatchewan are inviting adults who had COVID-19 and have been experiencing shortness of breath in the past month to participate in a research study. The study is funded by the Saskatchewan Health Research Foundation (SHRF) and aims to better understand how post-covid dyspnea is experienced by adults living across Saskatchewan and is related with adults' lung function, physical activity capacity, and quality of life over a 6-month period.

U OF S LONG COVID DYSPNEA STUDY

PARTICIPANTS NEEDED

- ✔ Adults living across SK
- ✔ Who had COVID-19
- ✔ Who felt short of breath in the past month



Participating involves completing questionnaires over the phone, as well as in-person spirometry (a common lung function test) and activity capacity testing at baseline and 6-month follow up. Testing will be scheduled in a location near you in Saskatchewan. You will receive your test results and be compensated for your time. Please email us for more information or to participate!

CONTACT US  longcovid.lungs@usask.ca

This research was reviewed and approved by the University of Saskatchewan's Biomedical Research Ethics Board (BIOMED #3594).

To find out more about the research or to get involved as a participant, please email the study coordinator

POULTRY AND PIG FARMERS!

Our NSERC Frontiers project evaluates bioaerosols and greenhouse gas emissions from swine and poultry operations throughout Saskatchewan.

Airborne samples will help us understand if operational changes could impact these measures.

We want to sample (at the exhaust fans):

- 8 pig finishing operations - 4 conventional and 4 antibiotic free
- 8 poultry operations - 4 conventional and 4 antibiotic free



For more information or to participate, please contact:

Brooke Thompson
brooke.thompson@usask.ca
(306) 966 - 6154

Charly Nolting
can291@mail.usask.ca
(306) 966 - 1683

GRANT FUNDING:

Miyo Wāskahikan (Beautiful Homes): There is strong research evidence that shows a clear link between housing and health outcomes – a ‘healthy’ house contributes to good human health while a ‘sick’ house can have detrimental effects. Dr. Shelley Kirychuk is leading Miyo Wāskahikan (Beautiful Homes), a Saskatchewan Health Research Foundation (SHRF) Truth and Action grant which uses a community centric, community driven, team approach to enhance thriving and improve the health of occupants of homes on-reserve in Saskatchewan. The communities, along with the research team, are developing an evidence-based document showing the links between housing and health, with the aim of influencing policy at the federal government level. The project will also collate and share thriving house models, housing building practices, and good housing maintenance practices that exist within First Nation partner communities.

Research Connections, Truth & Action Grant

2022-23 Recipient

Shelley Kirychuk

University of Saskatchewan

Thriving in our
Miyo Wāskahikan



Total value of research investment: \$10,000



#SHRFconnections

Publications, Presentations and Knowledge Translation

PUBLICATIONS

Cai, S, Kirk, A., Morgan, D., Karunanayake, C., O'Connell, ME. (Submitted March 7, 2023). Can depressive symptomatology at diagnosis predict cognitive and functional decline over one year in patients with dementia, *Alzheimer Disease & Associated Disorders - An International Journal*.

Jahner, S., Penz, K., Stewart, N., Morgan, D., & Kulig, J. (2023). "Staying Strong": A Constructivist Grounded Theory of How Registered Nurses Deal with the Impact of Trauma-Related Events in Rural Acute Care Practice. *Journal of Clinical Nursing*, 32(5-6), 879-893. doi:10.1111/jocn.16459

Kosteniuk J., Morgan D, Acan Osman, B., Islam, N., O'Connell M.E., Kirk, A., Quail, J., Osman, M. (accepted March 3, 2023). Utilization of health services before and after diagnosis in a specialist rural and remote memory clinic. *Canadian Geriatrics Journal*.

Pavloff, M., Bally, J., Kirychuk, S., Lasiuk, G., Martin, W., Labrecque, ME., "It was just a nightmare": Rural Home Care Nursing During COVID-19. 2023. *Canadian Journal of Nursing Research*. Online ahead of Print

Scerbe, A., O'Connell, M. E., Astell, A., Morgan, D., Kosteniuk, J., Panyavin, I., DesRoches, A., & Webster, C. (in press, 2023). Digital tools for delivery of dementia education for caregivers of persons with dementia: A systematic review and meta-analysis. *Plos One*.

Yang Y., Kirychuk S.P., Si Y., Martel M, Guo H., Predicala B, Zhang L. Reduction of airborne particulate matter from pig and poultry rearing facilities using engineered water nanostructures. 2022. *Biosystems Engineering*, 218:1-9

PRESENTATIONS

Aminian S, Kirychuk S, Martel M, Thompson B, Schwean-Lardner K, Zhang L. Development of a green process for eggshell decontamination. Canadian Society for Biological Engineering (CSBE) 2022. June 24-27, 2022, Charlottetown, PEI, Canada.

Bethell J, Andrew MK, Hothi S, Mick P, Morgan D, O'Connell ME, Phillips NA, Stewart S, Walker JD, Wittich W, McGilton KS. (Submitted) The relationships between neuroticism, social connection and cognition. International Psychogeriatric Association, "New Perspectives in a Changing World: Social Connectedness, Ageing and Mental Health". Lisbon, Portugal, June-July 2023.

Bethell J, Andrew MK, Morgan D, O'Connell ME, Phillips NA, Wittich W, McGilton KS. (Submitted). Personality, Social Isolation and Loneliness: Cross-sectional Data from the Canadian Longitudinal Study on Aging. 2023 Gerontological Society of America (GSA) Annual Scientific Meeting. Tampa, Florida. November 8-12, 2023.

Bolo R, Martel M, Thompson B, Zhang L, Predicala B, Guo H, Kirychuk S. Development and evaluation of a pilot-scale electro-nanospray system for improving air quality in pig barns. Canadian Society for Biological Engineering (CSBE) 2022. June 24-27, 2022, Charlottetown, PEI, Canada.

Cai, S., Kirk, A., Karunanayake, C., O'Connell, M.E., Morgan, D.G. (2023). Can depressive symptomatology at diagnosis predict cognitive and functional decline over one year in patients with dementia? . Annual Meeting of the International Neuropsychological Society, San Diego, California, USA, February 1-4, 2023. (poster)

Grewal, K.S., Gowda-Sookchoff, R., Kirk, A., Morgan, D. G., O'Connell, M.E. (2023). Examining the base rates of low scores in older adults with Subjective cognitive impairment from a specialist memory clinic. Annual Meeting of the International Neuropsychological Society, San Diego, California, USA, February 1-4, 2023. (poster)

Kirychuk S, Rabbitskin N, Bighead S, Karunanayake C, Thompson B, Longjohn C, David B, Ermine P, Dolovich L, Dosman JA, Fenton M, Graham H, Lamarche L, Jacobson N, Turner T, Ramsden VR. Mamawohkamatowin (Working Together) to Enhance Wellness: Respiratory Health and the House. NAPCRG 50th Annual Meeting. November 18-22, 2022, Phoenix, AZ, USA.

Kirychuk S. Occupational Health: Airborne emissions and health. Veterinary Comparative Respiratory Society (VCRS) International Symposium. October 2-5, 2022. Saskatoon, Saskatchewan.

Kirychuk S. Enhancing Rural Health. Department of Medicine Grand Rounds. February 1, 2023, Royal University Hospital, Saskatoon, Saskatchewan.

Mamawohkamatowin (Working Together) to Enhance Wellness: Respiratory Health and the House. NAPCRG 50th Annual Meeting. November 18-22, 2022, Phoenix, AZ, USA.

Merkowsky K, Pandher US, Thompson B, Schneberger D, Aulakh G, Singh B, Kirychuk S. Lung Inflammation Characteristics Differ Between the Sexes in Agricultural Respiratory Exposures. American Thoracic Society (ATS) Conference 2022. May 13-18, 2022, San Francisco, CA, USA

Morgan, D. Podcast participant – From Scratch: Rural Dementia Care with Dr. Debra Morgan. (February 2023). A podcast interview with Debra Morgan in the series Researcher Under the Scope sponsored by the Office of the Vice Dean Research, College of Research, University of Saskatchewan. A transcript of the podcast is available online: <https://medicine.usask.ca/news/2023/from-scratch-rural-dementia-care-with-dr.-debra-morgan.php>

Morgan, D. RaDAR rural primary health care memory clinics. Webinar presented nationally online. Hosted by brainXchange in partnership with the Alzheimer Society of Canada and the Canadian Consortium on Neurodegeneration in Aging. Saskatoon, SK, January 31, 2023. Recorded archive of presentation available online at <https://vimeo.com/794971848>

Morgan, D. Scaling up RaDAR Primary Health Care Memory Clinics in Rural Saskatchewan. Presentation at Community Table meeting for Dementia Supports in Rural Saskatchewan. Saskatoon, SK, March 3, 2023. Recorded archive of presentation available online at https://www.ruraldementiask.ca/?page_id=2254

O'Connell, M. E. (February 2023). Sleep Disturbances & Dementia. Invited Presentation. Alzheimer Society of Saskatchewan, Evening of Education, February 8, 2023.

O'Connell, M. E. (February 2023). The most challenging of dementia assessments: Language or intellectual disability presentations. Invited Presentation. Cowan Best Practice Days, 2023, February 16, 2023.

O'Connell, M. E. (March 2023). Issues in cognitive assessment with diverse groups: Focus on Indigenous Peoples. Invited Presentation. Vascular Training Program (VAST) Seminar Series, 2023, March 31, 2023.

Schneberger D, Kirychuk S, Thompson B, Zhou Y, Aulakh G, Simonson C. Carbon Dioxide at TWA-TLV limits alters immune responses to Influenza A. 5th International Conference on Building and Environment (COBEE) 2022. July 25-29th, 2022, Montreal, QC.

Sun, G., Kirk, A., Karunanayake, C., O'Connell, M.E., Morgan, D.G. (Submitted). Quality of life in patients with subjective cognitive impairment compared with those diagnosed with mild cognitive impairment or dementia referred to a rural and remote memory clinic. Alzheimer's Association International Conference (AAIC) 2023. Amsterdam, Netherlands and Virtual. July 16-20, 2023.

Tomilin M. 2023. Archaeology and Mass Spectrometry: A Match Made in Mesopotamia. CCHSA Seminar Series, March 14, 2023

KNOWLEDGE TRANSLATION

Co-editors, Elliot, V., Morgan, D., and Kosteniuk, J. (2023). RaDAR Newsletter: January 2023, available online <https://cchsa-ccssma.usask.ca/ruraldementiacare/radar-newsletters.php>

News from our Partners

Celebrating Canadian Agricultural Safety Week!



Left to right: Jack & Lois Anderson, Robin Anderson (CASA), Randy Weekes (speaker of the house), Dr. Shelley Kirychuk & Merle Massie (CCHSA) & Mackenzie Love (Ministry of Agriculture)

Dr. Shelley Kirychuk, Director of the Canadian Centre for Health and Safety in Agriculture, along with Robin Anderson, communications coordinator for the Canadian Agricultural Safety Association, were invited to be present at the Saskatchewan Legislature on Monday, March 13th for the proclamation of Agricultural Safety Week in Saskatchewan March 12-18th. Kirychuk and Anderson, along with Merle Massie, Professional Research Associate with the Centre, also met with Daryl Harrison, MLA for Cannington, who stood in for the Honourable David Marit, Minister for Agriculture. Harrison read the proclamation from the Legislative floor. Included in the group were Robin's parents, Lois and Jack Anderson, along with Mackenzie Love, communications assistant with Saskatchewan Ministry of Agriculture, who acted as the group's official host. The group also had a tour of the Speaker's offices and sat in the Speaker's gallery of the Legislature, at the request of Speaker of the House, the Honourable Randy Weekes, MLA for Biggar-Sask Valley.



GOVERNMENT OF SASKATCHEWAN

Certificate of Recognition

I, David Marit, Minister of Agriculture
in the Honour of Saskatchewan
in exercise of the powers conferred upon me,
do hereby designate the week of
March 12 - 18, 2023 to be:

"Agricultural Safety Week" in Saskatchewan

And I request the citizens of the Province of Saskatchewan to
recognize this week.

Dated at the City of Regina this 1st day of March, 2023.



David Marit
Minister

**The
Do More
Agriculture
Foundation**

DO MORE AG: MEASURING IMPACT AND IDENTIFYING FUTURE ACTION

The Canadian Centre for Health and Safety in Agriculture has an ongoing supportive partnership with the Do More Agriculture Foundation (DoMoreAg), which serves as the national champion for mental health in Canadian agriculture. Their current project, "Measuring Impact and Identifying Future Action" is identifying gaps across the agriculture industry regarding mental health resources. CCHSA professional research associate Dr. Merle Massie is on the advisory committee for this project, which met in March to discuss preliminary findings. The group aims to release its report and next steps by mid-2023.

WorkSafe
SASKATCHEWAN

Work to live.

WORKSAFE LEARNING COLLABORATIVE: MOTOR VEHICLE COLLISIONS IN SASKATCHEWAN

In March, the CCHSA was invited to join a new working group led by the Worker's Compensation Board focusing on reducing motor vehicle collisions in Saskatchewan. This 'learning collaborative' brings together stakeholders from groups involved broadly in Saskatchewan's transportation industry (SGI, SARM, Sask Trucking Association, Ministry of Highways, WorkSafe Sask, trucking companies, and more) to identify critical issues and brainstorm potential solutions. The Centre brings perspective related to farm-based transportation workplace injuries. The first meeting was held March 29th in the Workers' Compensation Board offices in Regina; the next meeting will be in late April.

[Measuring Impact and Identifying Future Action website](#)

THE CANADIAN ROUNDTABLE FOR SUSTAINABLE CROPS

The Canadian Roundtable for Sustainable Crops is a national, industry-led forum committed to showcasing the sustainability of Canadian crop production practices. They are leading a conversation around building a summary communications tool that highlights accomplishments and leading sustainable practices in Canadian crop production. Dr. Merle Massie, CCHSA professional research associate, attended the ongoing consultations on March 30th to help frame the discussion around leading practices in health and wellness, including highlighting the significant role of research, service, and outreach in agricultural health and wellness as an aspect of sustainability.



[Click here to read more](#)

**14th Annual Canadian National
Proteomics Network Symposium**

CNPN 2023

"Pushing Omics to One Health"



**Save the
Date!**

University of Regina
Regina, SK
May 15-17, 2023

- Early Registration Fees Start at \$210 (Trainee Member)
- Includes Gala Dinner @ Conexus Art Centre
- A Special Trainee Social @ Saskatchewan Science Centre
- Student Accommodations are available at the University

Abstract Submission Ends: April 14th

Early Registration Closes: April 14th

Local Organizing Committee

Dr. Mohan Babu, University of Regina

Dr. George Katselis, University of
Saskatchewan, Canadian Centre for
Health and Safety in Agriculture

Dr. Nicole Hansmeier, University of
Regina

Dr. Tzu-Chiao Chao, University of
Regina

Dr. Randy Purves, University of
Saskatchewan, Canadian Food
Inspection Agency

[CNPN Symposium link](#)

NOW HIRING!



UNIVERSITY OF SASKATCHEWAN
College of Agriculture
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AGRONOMY EDUCATOR

Job Description

The primary responsibilities of the Agronomy Educator will be to plan, research, design and implement an educational program comprised of online self-paced modules followed by an in-person weekend experiential learning workshop.

Qualifications

Education: A Bachelor's degree in agronomy, plant sciences, agroecology, land and resource management, environmental sciences or other related degree.

Experience: At least two years of work experience in agricultural education, preferably in the Canadian Prairies. Experience in research and/or the University environment would be an asset.

Skills:

- Developing educational content in agronomy or agriculture, at the post-secondary level or above.
- Knowledge of Canadian Prairies agricultural systems and current sustainability issues .
- Understanding of First Nations history, culture and current issues, or willingness to learn.
- Working independently, managing multiple tasks with tight deadlines and competing demands, and delivering quality work on time.
- Translating technical knowledge to a broader audience.

Learn more about this job opportunity at careers.usask.ca



Inquiries regarding this position can be directed to: **DR. MARYSE BOURGAULT**
maryse.bourgault@usask.ca

Agronomy Educator Job Posting



The Canadian Centre for Health and Safety in Agriculture (CCHSA) is an embodiment of research to action in the health and safety of rural and agricultural populations.



Mission and Strategy

Development and dissemination of research, services, resources, and knowledge for the health and safety of rural and agricultural populations and professionals.

We are a developer, collaborator, source, connector, and catalyst to advance research, knowledge translation, extension, and service in the health and safety of rural and agricultural populations

CCHSA Website

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