



Photo credit: Joanna Ritson, Emily Maclean

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## News from the RHSRNbc Office

### **Dear RHSRNbc members,**

We hope that this month's newsletter finds you and your loved ones safe and well. Following the BC government directives for COVID-19, the University of British Columbia remains operational, but access to campus is restricted. Kindly note that the Rural Health Services Research Network is working remotely until further notice. The best way to reach us is via [email](#).

The RHSRNbc team is diligently working on planning for a virtual symposium in Fall

2020 on 'Planning for Rural Health Services in BC in response to climate change and planetary ecosystem disruption.

In this edition of our newsletter, we update on the network's activities, new additions to the team, a featured post on 'Climate change, COVID-19 and mental health', research, funding and volunteer opportunities, online resources, recent rural research publications and upcoming events.

Have a wonderful week!

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## Activity Updates

We are delighted to introduce two new Youth Panel members to the RHSRNbc's Climate Change Youth Panel!

### Welcoming Breton Burke!



Hello! My name is Breton and I'm a third-year medical student at the University of Ottawa. I was born and raised in a small town in Northwestern Ontario where I grew up to love and appreciate the great outdoors. I have been a member of the Society of Rural Physicians Canada for two years and this year I am excited to be the student committee's environmental representative. I'm relatively new to climate action but nevertheless, I am excited to be working alongside some kind and talented individuals on the youth panel for this year's climate change symposium!

### Welcoming Montana Blum!



Montana is a second-year medical student at UBC who is thrilled to be working with the RHSRNbc team to launch the symposium on climate change adaptation strategies for rural communities. After completing her Bachelor of Arts and Science at McGill, Montana returned home to BC where she loves to hike, swim, and bicycle in her free time.

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## Podcasts



The Centre for Rural Health Research at UBC is pleased to announce our latest podcast mini-series all about rural patients in British Columbia engaging in the healthcare research, advocacy, and improvement process.

In our first episode, Dr. Jude Kornelsen, Co-Director of the Centre for Rural Health Research, and Christine Carthew, Manager of the Rural Evidence Review project, discuss

why it's so important to involve rural patient voices in health services research, and how they work to bring patient voices to health policy decision-makers in BC.

Stay tuned for next week's episode, where we'll hear from April Hards, a resident of Golden BC who developed a new tool to help rural expectant parents plan for better postpartum mental health.

To keep up to date with our latest releases, subscribe to our podcast on [Soundcloud](#), [Spotify](#), and [Apple](#) or [Google Podcasts](#) by following the links or clicking on the icons below. Read Full media release [here](#).

Thank you and happy listening,

The Centre for Rural Health Research team.

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## Surveys

### **Mentorship survey**

The network is launching a mentorship platform on the RHSRNbc website to connect rural health researchers with students. Complete this short [survey](#) to be a part of the network's mentorship platform or to submit FLEX opportunities for medical students.

### **Engagement survey**

If you are interested in spotlighting rural health workers, community members working on community health initiatives, or if you want to feature a personal story, pictures or other opportunities, please fill out this [survey](#). We would love to feature it in the newsletter

## Featured Post

**Building resilient rural communities: Understanding mental health impacts of climate change events**



### Background

Mental health affects many Canadians. Climate change and climate change events (CCEs) significantly influence mental health and wellbeing. Furthermore, CCEs impact rural and remote communities disproportionately. Goal: To foster community resilience through a deeper understanding of the mental health impacts of CCEs. Methods: Community consultations with health and social care providers, community organization representatives, and community members in 3 communities located across the university geographies. Deliberative dialogue with key stakeholders in each community to co-create solutions to foster resilience. Impacts: Contribute to the development of a community-based action plan for mental health supports related to CCEs in rural communities.

### Research team

ND. Oelke, UBCO; D. Banner, UNBC; B. Fournier, TRU; L. Airth, UBCO; C. Buse, UBCO; H. Dalton, Centre for Rural and Remote Health, New Castle University, AU; D. Kurtz, UBCO; C. Szostak, UBCO; R. Woollard, UBC; D. Perkins, Centre for Rural and Remote Health, New Castle University, AU. Community Partner. S. Pollock, Interior Health.

### Funded by

The Interior Universities Research Coalition (IURC) /Tri-University Partnership Research Fund

Read more [here](#)

# Research Participation Opportunities

## BC Cancer Summer Research Student Seminar

The 10th Annual BC Cancer Student-led Research Seminars have begun, hosted for the first time in an online format! Slots for presenters are now full, but if you are interested in attending the student presentations, please contact Amanda Wanner, [amanda.wanner@bccancer.bc.ca](mailto:amanda.wanner@bccancer.bc.ca), to be added to the email list for seminar updates. Student presenters are focused on Okanagan-based research institutions, such as Interior Health or the Southern Medical program, but all are welcome to attend.



## Interior Health Research Network Presents- REACH BC

REACH BC is a trusted source for the public to find research opportunities related to their health condition and interests. By participating in research, you can help advance health care in areas that are important to them, their family, and their community.

# COVID-19 Research Updates

**Researchers across the province are involved in the fight to end the ongoing pandemic. Listed below is a shortlist of COVID-19 related rural, remote and Indigenous research projects and trials in British Columbia. Click [here](#) to see more studies.**

### *Rural Community Responses to COVID-19*

Lead Investigator and organization: Jude Kornelson, UBC

### *Multi-hazard transportation planning and response - Interviews; Disaster resilience in a complex system*

Lead Investigator and organization: Stephanie Chang, UBC

### *Impact of COVID-19 pandemic on individuals with SCI and rehabilitation services in urban and rural settings*

Lead Investigator and organization: Andrei V. Krassioukov, UBC

### *Challenges and Technology Use among Rural Community Residents during COVID-19 Pandemic*

Lead Investigator and organization: Kathy Rush, UBC-O

### *Pandemic experiences and impacts of COVID-19 on the mental health of Indigenous communities*

Lead Investigator and organization: Alanaise Goodwill, Simon Fraser University

### *Tsilhqot'in Solutions to COVID-19; Indigenous Solutions to COVID-19 and Recognition in Canadian Law*

Lead Investigator and organization: Jocelyn Stacey, UBC

## Funding Opportunities

### *Rural physician research grants*

The Rural Physician Research Support Project is a new initiative that supports rural physicians to pursue innovative rural research and knowledge translation that contributes to advancing rural health in BC. Eligible rural physician-researchers can receive research grants of up to \$10,000.

**Deadline:** October 31, 2020

### *Rural global health partnership initiative*

The Rural Global Health Partnership Initiative (RGHPI) is a new program that supports partnerships between BC physicians or medical trainees committed to rural service, and lower resource communities in BC, Canada, and developing countries.

**Deadline:** October 31, 2020

### *New Frontiers in Research Fund (NFRF)*

The Exploration grants, funded by the government of Canada, fund high-risk, high-

reward interdisciplinary research

**Deadline:** October 20, 2020.

### [Sue Harris Family Practice Research Grant](#)

The Sue Harris Family Practice Research Grant supports research that contributes to women's (cis and trans-inclusive) health within the discipline of family practice. The funding is intended to support new researchers (family practice residents and/or practitioners) to develop and carry out a pilot research project.

**Deadline:** August 26, 2020.

### [RCC's New Rural Physician CME Program](#)

Beginning January 1, 2020, the New Rural Physician CME Program will offer funding for new rural physicians to attend rurally-relevant events.

### [REAP's Rural Leadership Development Program](#)

We are currently accepting applications from rural physicians who are pursuing formalized leadership training. In addition to funding up to \$15,000 to cover expenses, participants are offered a mentoring opportunity with a rural leader.

**Deadline:** October 31, 2020.

## Events

### [29th Annual Rural and Remote Medicine Course \(April 22-24, 2021, Niagara Falls\)](#)

The Society of Rural Physicians of Canada has postponed their 29th Annual Rural and Remote Medicine course to April 22-24th, 2021 in Niagara Falls, ON. Read a statement from Peter Hutten-Czapski, Scientific Editor for the Canadian Journal for Rural Medicine [here](#).

### [World Health Summit 2020 \(October 25th-27th, 2020, Online\)](#)

The World Health Summit is a three-day summit that brings together international leaders in health from academia, government, the private sector, and civil society to find solutions to the world's biggest health challenges. Usually, the summit takes place in Berlin, but this year it will be held virtually, free of charge.

## Online Resources

- [Preventing COVID-19 Infection in the Workplace](#): *This course is offered by UBC.*



- [Social justice terminology](#) online resource from the University of Colorado.
- [BC AHSN: COVID-19 Research Inventory](#): BC AHSN offers a repository of COVID-19 related research undertaken in BC
- [Free Mental Health Support for BC residents](#): UBCO collaborates with BCPA and province to offer psychological first-aid service
- [Data Access Support Hub \(DASH\)](#): DASH is an access portal for Canadian jurisdictional data for researchers.
- [Evidence related to Rural and Remote Health](#): Evidence bundle offered by CADTH

## Recent Publications

- [Planetary Health Report Card \(PHRC\)](#).
- [Planetary Health Competencies Curriculum Evaluation](#)
- [The Canadian Journal Rural Medicine](#) - July - Sept 2020 Issue
- [Out-of-Pocket costs report for rural residents travelling for healthcare](#) by the Centre for Rural Health Research
- [Out-of-Pocket cost Survey](#) infographic by the Centre for Rural Health Research

## Volunteer Opportunities

### [COVID-19 volunteering opportunities in Canada](#)

Resource connects Canadian students, academics, and technical staff and trainees from relevant programs to volunteer opportunities to address the impacts of COVID-19 across Canada.

### [Canadian Red Cross](#)

Diverse volunteer experiences with the Canadian Red Cross, including helping Canadians during times of emergency or disaster, as well as working on committees and project teams.

### [Volunteer BC COVID-10 Resource Page](#)

List of resources on how to safely volunteer in BC during the time of COVID-19.

### [Volunteer Canada](#)

Includes a list of volunteer opportunities during COVID-19, and how to stay safe and volunteer.

## Employment Opportunities

- [RSON evaluation coordinator position](#) at the Centre for Rural Health Research
- [Research Coordinator, Health Economics](#) at the Centre for Rural Health Research



Twitter



Website

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