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Echo News - May 2011

Local women design evidence-based **smoking cessation programs** for pregnant and post-partum women in their communities

Echo Advances Just released



The Ontario Tobacco Strategy's goal of eliminating the use of tobacco products by pregnant women by the year 2000 has not been achieved. In 2007/2008 10,800 women (75 per cent of pregnant women who smoke) attempted to quit smoking. Given that smoking is a well known health risk for women and the fetus, and that quitting smoking has beneficial health outcomes for both, it is imperative to support pregnant women to be successful as they quit smoking.

In December 2010 and January 2011 (during National Non-Smoking Week), Echo in partnership with Peterborough County-City Health Unit, The NorWest Community Health Centres, Social Planning and Research Council of Hamilton and North Bay Indian Friendship Centre held four events with women of childbearing age (who were current smokers or who had recently quit smoking) in order to:

- 1) Share and support reflection on best practice guidelines that support smoking cessation among pregnant women; and
- 2) Support women's research-informed perspectives to shape a smoking cessation program model for pregnant and recently pregnant women which is suited to their communities.

Echo is pleased to report that Peterborough PHU, and NBIFC are hosts to newly designed programs which were designed through engagement with community women (based on the data from the travelling conversations); and CAMH is revamping PREGNETS, an online provincial resource that helps pregnant women quit smoking and provides up to date information to health care providers. Ontario Tobacco Research Unit is offering a participatory and realist evaluation in order to gain a clear understanding of what is working for each demonstration site. Echo, Centre for Community-Based Research and Program Training and Consultation Centre are currently working together with the demonstration sites in order to spread the innovation of these three sites to other Ontario communities.

Read Echo Advances on – Designing a smoking cessation program for Pregnant and post-partum women in [Thunder Bay](#), [North Bay](#), [Hamilton](#), [Peterborough](#) and/or read the summary of all [regions](#).

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RECENTLY UPDATED TOPICS

- ▶ 1 in 4 new HIV infections in Ontario are among women: study
- ▶ More than 1 in 4 babies in Ontario is delivered by C-section
- ▶ The human drama of abortion counselling
- ▶ Partnering to Help Pregnant Women in Ontario Quit Smoking
- ▶ Ontario's Mental Health and Addictions Action Plan must consider gender differences

>> [READ MORE](#)

June 1 - POWER Study HIV Infection chapter release



The POWER Study **HIV infection** chapter provides critical information on patterns of care for women and men in Ontario, and how they vary by socioeconomic, demographic, HIV exposure category and regional characteristics.

The chapter reports on indicators related to HIV Infection including sections on incidence, prevalence and risk behaviours; community services for HIV; clinical care and HIV outcomes. HIV prevention and care is complex and directly influenced by stigma, marginalization and the social determinants of health. By painting a picture of inequities in health and health care in the province, opportunities for improvement are identified and objective evidence is presented to inform priority setting and to provide a baseline from which to measure progress.

Visit www.powerstudy.ca on **June 1, 2011** to view the chapter and/or highlights (in English and French).

Using a community-engaged research model and integrated KT approach, the **POWER** (Project for an Ontario Women's Health Evidence-Based Report) **Study** examines a comprehensive set of evidence-based indicators bridging population health and health system performance. This women's health equity report serves as an evidence-based tool for policy makers, providers and consumers in their efforts to improve health and reduce health inequities in Ontario.

Echo Board member Libby Burnham Appointed New Chancellor for Acadia University



We congratulate Libby Burnham on her recent appointment as the next Chancellor of Acadia University. Libby has served on Echo's Board of Directors since 2007 adding her voice and expertise to improving women's health in Ontario. As a founding member of Echo's Board, she has and continues to be a key player in the important work of the agency. We are proud of Libby's achievement, especially the esteemed status of being named the university's first woman Chancellor!

[Read the Acadia news release...](#)

Announcement of the Echo Chair in Women's Health Research - University of Ottawa



uOttawa

On June 1, 2011, the University of Ottawa and Echo will be announcing that Dr Angel Foster will be the new Echo Chair in Women's Health Research at

the University of Ottawa. We look forward to profiling her in our next issue of Echo News.

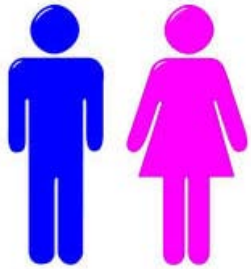
Women's College Hospital stages the *Spirit of Discovery* in Women's Health Research



Earlier this month, Women's College Hospital brought together leading-edge thinkers and researchers in a one day event to discuss the global future of women's health. Themes focussed on reducing risk and living well, breaking the silence around mental health, HIV and violence and reinventing care. Echo staff found the event extremely informative. The keynote address by Mellissa Fung, CBC TV Correspondent was particularly engaging, in her recount of her ordeal as a kidnap victim in Afghanistan in October 2008.

You can [view the agenda and full list of presenters](#) on the Women's College Hospital website.

Combining forces meeting in Ottawa



On May 2-3, 2011 at the University of Ottawa, Simone Kaptein represented Echo at a working meeting to improve the methodology of systematic reviews by considering gender and sex, equity, and bias. Entitled, "Combining forces to improve systematic reviews: Gender, Equity and Bias", the objective of the meeting was to take an in depth look at several distinct, but potentially interrelated approaches - health equity, sex and gender-based analysis and various forms of bias - with the purpose of working towards a more integrated strategy to enhance the applicability, rigour and quality of systematic reviews - that is, 'to whom does the evidence apply/not apply?'. By definition, systematic reviews summarize, appraise and communicate the results and implications of otherwise unmanageable quantities of research. In health, systematic reviews are an important means to transfer research findings into the development of policy, programs, regulatory initiatives and clinical practice. Reviews are used to appraise evidence about health care interventions, such as drugs, devices, and surgical techniques, as well as exercise, diet and other programs designed to improve, alleviate or cure particular health conditions.

The meeting was funded by CIHR's Institute of Gender and Health, and was organized by Caroline Andrew, Vivien Runnels, Sari Tudiver, Marion Doull, and Madeline Boscoe. The invitational meeting included thirty participants with interest and expertise in areas pertinent to the theme came together for two days of critical discussion and knowledge sharing. The agenda included presentations on the Cochrane and Campbell Collaborations, issues identified by participants in either doing systematic reviews or using them, tools for applicability of reviews (sex/gender, bias, equity), GRADE methods, methodological and statistical challenges, and ended with small group discussions about how we can combine forces, strengths/limitations, and next

steps. Echo will be discussing how to move forward on the next steps and is excited about this conversation.

Here are some relevant links:

[The Cochrane Collaboration](#)

[The Canadian Cochrane Centre](#)

[Cochrane corner at IGH](#)

[The Campbell Collaboration](#)

“Every Woman Matters” – Knowledge Translation and Exchange Forum



On April 28th Women's Health in Women's Hands and Dr. Charmaine Williams, (Factor-Inwentash School of Social Work, U of T) released the findings of “Every Women Matters” a primary health care research project focusing on the health issues and needs of Black Women and Women of Colour. This research was done with the support of several community based partners including Parkdale Community Health Centre, Rexdale Community Health Centre, Planned Parenthood Toronto and Sistering - A Woman's Place.

The knowledge translation event included community responses to the findings and a panel discussion on "Research and Gender equity: Incorporating the needs of Black Women and Women of Colour in Ontario - Challenges, Opportunities and the Way Forward". Pat Campbell, CEO, Echo participated in the panel along with Dr. Arlene Bierman Principal Investigator for the POWER Study, and Dr Nazilla Khanlou, Echo Chair in Women's Mental Health Research at York University. This research provides compelling evidence of the opportunities for improvement to better address the needs of this group of women.

[View the study at Women's Health in Women's Hands](#)

Echo releases abortion studies and recommendations for stakeholders



Echo has just released research reports on access to abortion services in Ontario, along with recommendations from an expert panel for improving access to high quality, abortion services in Ontario. Dr. Lori Ferris, senior scientist, Institute of Clinical and Evaluative Sciences (ICES) recently completed four new studies as a follow up to the abortion studies conducted 10 years earlier. The four case scenarios include: availability of first trimester abortions in Ontario; complication rates, practices and procedures among Ontario hospital abortion providers; availability and safety of second trimester abortions in Ontario; and abortion curriculum and abortion training in Ontario Medical Schools.

In response to Dr. Ferris' studies, Echo formed an expert panel to examine

the data and recommend actions for improving the quality and accessibility of abortion services in Ontario.

Recommendations are provided for the [Ministry of Health and Long-Term Care, Education Programs and Regulatory and Accrediting Bodies, Health Care Providers](#) and [women](#). Echo is currently working with stakeholders to ensure abortion services are accessible, safe, appropriate, timely and non-judgmental within an integrated and sustainable reproductive health system.

To view Dr. Ferris' case scenarios and Echo's Expert Panel Recommendations Report, please sign-in to the [Health Professionals section](#) on the echo website.

Visit the [Echo Advances page](#) at echo-ontario.ca to view recommendations for stakeholders.

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