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Echo News - June 2012

Echo welcomes Terry Bisset, new Executive Director



Terry Bisset has served in the public, private and not for profit sector. She was the Chief Operating Officer of the Ontario Women's Health Council and worked for a number of ministries during her career with the Ontario Public Service. She has worked for the last 10 years as an independent consultant engaged in assisting organizations with their strategic and operational planning, stakeholder relations and policy and program development.

Most recently Terry acted as the Interim Chief Executive Officer at the Ontario Mental Health Association-York Region Branch. Her experience includes work with Advisory Councils and Boards of Directors including the former Ontario Advisory Council on Violence, Cancer Care Ontario, and the Canadian Mental Health Association both at the Division and Branch level.

Smoking Cessation Program Design - recommendations



In the Fall of 2011,Hastings & Prince Edward Counties Health Unit, the Peterborough County-City Health Unit, The Centre for Community Based Research and Echo: Improving Women's Health in Ontario co-hosted an exciting event in which women of childbearing years (who smoke or have recently quit smoking) from Hastings & Prince Edward Counties and women from the Peterborough County-City Health Unit, came together to:

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- 1) Share smoking cessation best practices with women and support them to reflect on which practices would work in their community,
- 2) Support the community women participants to come to consensus on preferred practices for smoking cessation programs in their community,
- 3) Raise awareness among agency stakeholders about smoking cessation best practices and women's preferred approach to quitting.
- 4) Hear the Peterborough County-City Health Unit staff and program participants' experience using this method to support smoking cessation.

Read the recommendations from Hastings & Prince Edward Counties [here](#)

Echo's work increasing access to cancer screening



In the winter of 2011/2012 Echo and the Centre for Community Based Research (CCBR) co-hosted three events to support increased access to cancer screening for Ontario women with disAbilities, recent immigrant women and women who experience marginalization who need colposcopy. The purpose of the events was to 'bridge [1] the promising practices of Anne Johnston Health Station (AJHS), Brampton Multicultural Community Centre (BMC) and Bay Centre for Birth Control (BCBC), to different organizations across the Province. The AJHS was successfully bridged to the Canadian Mental Health Association (CMHA) Durham Nurse Practitioner-Led Clinic; BMC was successfully bridged to the New Canadians' Centre of Excellence Inc. (NCCE) in Windsor, and the BCBC model was bridged to Thunder Bay Region.

To learn more about:

[Increasing access to cancer screening for women with physical disAbilities](#)

[Increase access to cancer screening for recent immigrant women](#)

[Increasing access to colposcopy](#)

[1]Based on the Social Capital Approach Echo is using to spread the knowledge of demonstration sites around the Province, bridging involves bringing together demonstration sites and new sites so that the new sites can adapt and adopt the promising practice models from the demonstration sites.

Incontinence report, decision tool, and Echo Advance released!



Urinary incontinence is a condition experienced by 1.5 million Canadians, most of whom are women. Incontinence is more common among women because of bodily changes that can result from pregnancy, childbirth, and menopause. Despite how common it is, some women are hesitant to raise the issue of incontinence with their health care providers, because they are embarrassed or they think it is just a part of getting older and they have to learn to live with it.

Echo asked researchers associated with the Registered Nurses' Association of Ontario (RNAO) to conduct a study to support the decision-making needs of women experiencing incontinence. Led by Dr. Jennifer Skelly and Dr. Tazim Virani, the project team also developed and tested a decision tool that would guide women through the process of considering their incontinence symptoms, weighing treatment options, and discussing the problem with their primary health care provider.

Echo has now released the decision tool and accompanying Echo Advances and RNAO project report. The report provides a set of recommendations for health care providers, including a call to open the door for discussions about incontinence with mid-life women, to inform themselves about the management options for urinary incontinence, and to make their patients aware of the decision-aid tool. In the coming months, Echo will work with RNAO and other partners to distribute the tool widely.

[Access the Decision Tool - "Talking with your health care provider: What can I do about urinary incontinence?"](#)

[Read the Echo Advance for Women](#)

[Read the Echo Advance for Practitioners](#)

[Read the report - "Incontinence in mid-life women: Developing evidence-based tools to aid in communication and decision-making"](#)

Echo research webinar - materials



Echo hosted its first Research Webinar on Monday June 4, 2012 on the Women's Health Effects Study. The online webinar quickly garnered much interest and was fully subscribed with over 60 participants.

Echo was joined by presenters Dr. Marilyn Ford-Gilboe, Dr. Colleen Varcoe and Dr. Judy Wuest for a thorough presentation followed by a question and answer period. The Women's Health Effects Study provides comprehensive evidence

about the long-term effects of intimate partner violence (IPV) on women's health and lives even after leaving abusive relationships. Marilyn, Colleen and Judy discussed the findings of their research and how these results can be transformed into actions to reduce the impacts of violence.

For more information please sign-in to our [Health Professionals](#) section to access the presentation slides (PDF) and 10 accompanying policy briefs!

Stay tuned as Echo will be hosting another Research Webinar in July.

If you are a women's health researcher interested in sharing your work, please contact us at info@echo-ontario.ca and ask about our webinar opportunity.

Echo invites 'Trauma Talks' experts to consider knowledge translation



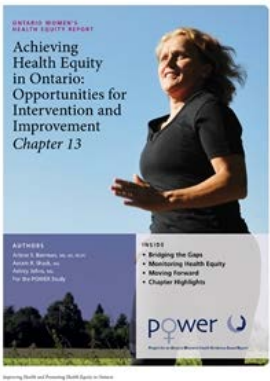
Trauma Talks: Advancing the Dialogue on Trauma Informed Care was a 3 day event that included a 1-day conference hosted by Women's College Hospital on June 3rd, 2012. This conference featured North American experts who presented on such topics as:

- why psychological trauma is the hidden epidemic
- why the context of trauma must be considered,
- how to be culturally competent
- how to be trauma-informed in a medical setting, and
- the applicability of a trauma-informed model for not only treating survivors of psychological trauma but for maintaining a healthy organization.

To support the dialogue, Dr. Catherine Classen invited Echo's Shelley Cleverly, Director of Knowledge Translation to share information about Echo and pose a question related to Echo's mandate to improve women's health in Ontario. Shelley described Echo methods for supporting the uptake of strong practices, and then invited the speakers to offer reflections on how these approaches might be adapted to the particulars of trauma informed care.

Click [here](#) to read more about Trauma Talks and to hear audio recordings of the speakers.

POWER Study Conclusions Chapter now available for download!



The [POWER](#) (Project for an Ontario Women's Health Evidence-Based Report) Study Conclusions chapter is now available for download.

This final chapter synthesizes findings from all of the reports as well as important patterns that emerged as the team reviewed the findings across all of the chapters. It also includes the POWER Health Equity Road Map and a leading set of health equity indicators for the province which can serve to plan, guide and evaluate interventions and monitor progress toward achieving health equity in the province. The POWER Study is solid evidence that action is needed to improve health and healthcare and that improvement is achievable.

The POWER Study examined the gender differences in access to care, as well as quality of outcomes of care for leading causes of morbidity and mortality in Ontario. The study examined differences between diverse groups of women associated with socioeconomic status, ethnicity, and geography.

[To download the final chapter](#)

Perimenopausal Hot Flashes Study



The Centre for Menstrual Cycle and Ovulation Research is now recruiting participants for a CIHR-funded study on Oral Micronized Progesterone for Perimenopausal Hot Flashes. The Study is open to perimenopausal women 35-57 with moderate-to-severe hot flashes and/or night sweats. [Learn more](#)

Ontario Women's Health Scholar's announced for 2012-13

[View the list of recipients](#)

[Read about the program](#)

Smoking Cessation for Pregnant and Postpartum Women - Webinar

Click to view, [Choose To Be...Smoke-free: Peterborough County-City Health Unit's Woman-Centred Program for Pregnant and Postpartum Women](#)

Call for Research Associates

The Canadian Research Institute for the Advancement of Women (CRIAW) is inviting applications for Research Associates. [Learn more](#)

Interesting News/Resources:

[The Cost of Inaction on the Social Determinants of Health](#)

[New Report on Health Care Renewal in Canada](#)

[Cuts to refugee health care a race to the bottom: Docs and CHCs](#)

Events:



July 12 - 13, 2012
Doing the Work: Harm Reduction in Rural Settings
Venue: North Bay, Ontario
Organizer: CAST Canada
[Read more](#)



August 27 - 20, 30
World Cancer Congress
Venue: Palais des congrès, Montreal, Canada
Organizer: UICC, Global Cancer Control
[Read more](#)



Sept 13, 2012
Primary Care: Promoting Excellence
Venue: Sheraton Toronto Airport Hotel
Organizer: Ontario Hospital Association
[Read more](#)



Sept 26 - 28, 2012
Health Care Leadership Summit 2012
Venue: JW Marriott, Toronto
Organizer: Ontario Hospital Association
[Read more](#)



Oct 16 - 19, 2012
OCSA Great Ideas Conference
Venue: Hilton Suites, Toronto
Organizer: Ontario Community Support Association
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