

Weekly WHRI Community Update – April 9, 2021

Sent on behalf of Dr. Lori Brotto, Executive Director, WHRI

Dear WHRI community,

“It is OK to ask for help.” I have reminded myself of this increasingly recently, as my own level of worry has increased in recent weeks corresponding with the increasing COVID-19 case counts. The data points conclusively to increasing levels of mood and anxiety symptoms, as well as frustration and perhaps helplessness, as the days, weeks, and months of the pandemic continue. Asking for help is key for many people to address their psychosocial symptoms. This might be in the form of asking for help from a partner to take on more domestic activities; asking for help from a friend to listen; asking for help from a co-worker or manager to adjust workload and deadlines; and asking for help from a qualified mental health provider for skills to manage symptoms. Asking for help should never be pathologized, but rather, normalized and encouraged. Our affiliated agencies and institutions have pointed us repeatedly to mental health resources available, and I wanted to take the time to remind our WHRI community about some of these.

PHSA has assembled an excellent list of psychosocial resources [here](#). HealthLink BC (available 24/7) provides assistance with finding mental health information or support by phone (811) or [online](#). One can search by region and specialty for a [Registered Psychologist in BC](#). Some online mental health resources include [MindHealthBC](#) and [HereToHelp](#).

As we continue to navigate the unintended consequences of this pandemic as a women’s health research community, please “ask for help.”

Sincerely,

Lori A Brotto PhD, R Psych
Executive Director, WHRI
Professor | Department of OBGYN, UBC
Canada Research Chair | Women’s Sexual Health

Updates from March 27th – April 9th

COVID-19 Vaccine Eligibility for Research Staff

If you are a PHSA staff member or contractor working in the VCH region (including UBC employees), regardless of physical location, you can now sign up for a vaccination.

HOW TO BOOK:

Appointments continue to be available on a first-come, first-served basis. Please [see the attached email with links to book at one of the VCH COVID-19 Immunization Clinics](#).

If you are not able to secure an appointment right away, please check back often. The booking links are valid and are functional. However, new appointments are released on a week-to-week basis, typically on

Friday afternoon. More appointments are added throughout the week as clinic capacity and vaccine supply allows.

Important reminder: Provincial orders and guidelines remain in place for everyone, even if you have received the vaccine.

You can view [PHSA's vaccine FAQs](#) on the website.

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UPDATED COVID-19 Education Modules

As a requirement of site access, staff are expected to complete the C&W COVID-19 education modules on the LearningHub. These modules have recently been updated (March 5th). Managers, please ensure you and your teams have completed the most up-to-date versions on the [LearningHub](#).

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Update: PHSA MASK USE POLICY & SELF-SERVE DISPENSERS

- C&W has completed the installation of self-serve medical face mask dispensers at building entrances in order to comply with the provincial mask policy, which states that masks worn in medical facilities including hospitals must be medical grade.
- The self-serve mask dispensers are intended for all care providers, staff, vendors and contractors, who should replace their personal mask with a medical mask at a building entrance, or proceed to a different entrance if there are no medical masks available.
- All patients will be offered a medical face mask by entrance screeners; however as previously stated, there may be reasons why someone is unable or declines to wear a mask, including history of abuse and trauma, mental health concerns, physical health conditions, or age.

All persons entering hospital buildings are requested to don a medical mask by following these procedures:

1. Remove your personal mask if you're wearing one;
2. Sanitize your hands using hand sanitizer; and
3. Remove one medical mask from the dispenser and follow proper procedures to don the mask.

Please remember that masks are only one part of our infection control strategy. Stay home if you have any signs of illness, complete [PHSA's self-screening assessment tool](#) before arriving onsite, practice physical distancing and maintain good hand hygiene.

Our goal is for everyone to feel safe while working onsite. Please don't hesitate to reach out with any questions, including requests for medical masks, to Marsha Simons at Marsha.Simons@cw.bc.ca, Todd Jacques at tjacques@bcchr.ca, and Dr. Lori Brotto at Lori.Brotto@cw.bc.ca.

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OAK STREET CAMPUS STAGE 2 RESUMPTION OF ONSITE RESEARCH

For **new research activities**, please submit a request through the [Oak Street Campus Research Institutes Return to Onsite Research Intake Form](#).

If you have a **Stage 2 approval** and **need to amend your application** to add new team members, adjust team schedules, etc, please email Todd Jacques tjacques@bcchr.ca to request approval and email Marsha Simons Marsha.Simons@cw.bc.ca so that our site logs can be updated appropriately.

If you have any questions, please email KDewar@cw.bc.ca

Funding Agency Updates and Opportunities

Updated COVID-19 WHRI Funding Updates

For all the latest funding news, COVID-19 funding opportunities, latest updates for deadlines and official statements from funding agencies regarding grant programs.

Email [Eric Lussier](#)

For assistance with grants applications or grants revisions. I am available every Tuesday from 8am-4pm for virtual office hour meetings with WHRI researchers, or by appointment.

NEWS

[MSFHR Announces Opening of C2 and Reach Competitions](#)

MSFHR announced the opening of the Reach and Convening & Collaborating programs. The Reach program promotes knowledge translation activities by supporting researchers and research users in disseminating research evidence through co-developing events, activities, and tools to extend the reach of their work. The C2 program promotes knowledge exchange and meaningful collaboration by supporting researchers, trainees, and research users in co-developing research that can directly impact patients and a diverse range of stakeholders. Each grant award can apply for up to \$15,000 for up to 18 months. The deadline for the application is June 4th.

[CIHR Institute of Gender and Health Request Feedback on Sex & Gender Modules Survey](#)

CIHR IGH is request feedback to improve modules by completing our Sex & Gender Training for integrating sex & gender into the research module. Click on the [Sex & Gender Modules Survey](#) to share your feedback.

NEW+RELEVANT FUNDING OPPORTUNITIES (3/27 – 4/9)

- OVCARE – [Carraresi Foundation Research Grants](#) – 4/12
- OVCARE – [Sumiko Koabayashi Marks Memorial Grants](#) – 4/12
- Gynecological Cancer Initiative – [Barbara Berthon Ovarian Cancer Trainee Publication Prize](#) – 4/16
- International Development Research Centre – [Advancing gender analysis and women’s leadership in STEM fields](#) – EOI(4/22)
- OVCAN-Cancer Research Society – [Strategic Partnership Grant Competition](#) – LOI(4/29), Full(7/6)
- Canada Research Chairs – [Canada Research Chair \(Tier 1 & 2\)](#) – UBC(4/30), Full(5/24)
- Gynecologic Cancer Initiative – [Clinical Trials Accelerating Grants Program](#) – LOI(5/3), Full(7/5)
- Rethink/Pfizer – [Improve the care of patients living with metastatic breast cancer](#) – Full(5/13)
- MSFHR – [Reach Program](#) – Full(6/4)
- MSFHR – [Convening & Collaborating Program](#) – Full(6/4)
- CIHR - [STBBI Research in Canada: Beyond HIV/AIDS and Hepatitis C](#) – Full(6/9)

- CIHR – [Team Grant : Indigenous Component of Healthy Life Trajectories \(I-HeLTI\)](#) – Full(6/9)
- CIHR – [Team Grant: Indigenous Gender and Wellness Team Grant](#) – NOI(6/22), Full(7/29)

COVID-19 FUNDING OPPORTUNITIES

- International Development Research Centre – [Women’s Economic Empowerment in a Low-Carbon COVID-19 Recovery](#) – EOI(4/13)
- CIHR-CEPI – [Leadership Award for Excellence in Vaccine Research for Infectious Diseases of Epidemic Potential](#) – 4/20

Updated Funding Opportunities and Deadlines List

Have a Few Minutes?

BC Women’s Research Rounds April 16th: “Risk Assessment in Women: still too risky?”

Dr. Tara Sedlak presents, [‘Risk Assessment in Women: still too risky?’](#)

Learning Objectives:

1. To evaluate current risk assessment tools of cardiovascular disease in women and present a novel risk assessment tool with sex-specific features
2. To outline assessment of MINOCA and INOCA in a women's heart center (WHC) and present 1 year data from a WHC registry at BC Women’s and Vancouver General Hospital

Date: April 16, 2021

Time: 8:00 – 9:00 am

Location: zoom

- ZOOM link: <https://ubc.zoom.us/j/67447446986?pwd=VStkcVhNQS9Rcm1mb0lIM3VGR1JlZz09>
- Meeting ID: 674 4744 6986
- Password: 123580

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Clinical Trials BC hosts, “ASK US: Communicating Study Results with Clinical Trial Participants”

Register [here](#) for this event focused on best practice recommendation for communicating results with clinical trial participants.

Date: Thursday April 22, 2021

Time: 12:00pm – 1:00pm Pacific Time

Featuring: Anita David and Marc Saunders

For more information, visit: <https://www.clinicaltrialsbc.ca/event/communicating-study-results/>

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CIHR Institute of Gender and Health Sex & Gender Training Modules Feedback Survey

In 2015, the CIHR Institute of Gender and Health (IGH) launched [online training modules on integrating sex and gender in health research](#). Since then, thousands of people have completed the modules. But, in

that time, our understanding of sex, gender, and their influence on health has evolved. We want to make sure that our training modules reflect current knowledge and best practices.

Please help improve the modules by completing the [Sex & Gender Training Modules Survey](https://www.surveymonkey.com/r/79FPWBF) to share your feedback. Copy and paste this link: <https://www.surveymonkey.com/r/79FPWBF>

The survey is open until April 30, 2021.

Staff Resources

PHSA Updates

COVID-19 updates at PHSA's April 1 town hall

- If you missed last week's town hall, there were two topics on the agenda directly related to COVID-19 that may be of interest:
 - Dr. Réka Gustafson, vice president of public health and wellness and deputy provincial health officer, shared a [public health and vaccine update](#).
 - Dr. Theresa Newlove, director of psychological health and safety, talked about [COVID-19 fatigue and maintaining balance](#).
 - [Read the highlights on POD](#), or [watch the webcast in full](#).

New education conversation session added: Allyship

- Join us for an open conversation about allyship in support of the BIPOC (Black, Indigenous and People of Colour) community.
- Be prepared to join the discussion about what being an ally means to you:
 - What have you done to learn about this topic?
 - Have you witnessed microaggressions?
 - What will you do to be a better ally? What is performative allyship?
- [Register now](#) on LearningHub: April 28, 2021 from 12 – 1 p.m.

Ongoing Staff Resources

- Frequently Asked Question (FAQ) document on ePOPS for information on mask use: [CW Mask Use in Health Care Facilities During the COVID-19 Pandemic: FAQ](#).
- For workplace health questions, call the PHSA COVID-19 Resource Line at 1-833-875-2155 (toll free) or 604-875-7244, Monday to Friday, 8:30 a.m. to 5 p.m.
- Visit phsa.ca/covid19staff for COVID-19 staff guidelines and updates.
- Continue to check the BCCDC's website as a trusted source of information.
- Learn about [health and wellness](#) resources to support you.