

**RSEC Newsletter November 2016****A message from your student representatives:**

Welcome to the inaugural RSEC newsletter!

I am the PhD student representative, Sue Peters. While working clinically as a Physiotherapist, I worked with people with a variety of neurological injuries, such as stroke, Multiple Sclerosis, and Parkinson's disease. I became curious with how the brain functions especially after injury. Because of this, I am currently pursuing a PhD in Rehabilitation Science looking at attention and motor planning of leg movements and how it contributes to motor performance after a stroke, working with Dr's Lara Boyd and Jayne Garland.

I am the MSc Student representative, Kelcey Bland. I am thrilled to be a member of the RSEC team and the newly appointed student representative for the Master's students within rehabilitation sciences! I began my MSc in September 2015 and work under the direction of Dr. Kristin Campbell. Prior to beginning my Master's I completed my BHK at UBC in 2012 and also worked in Dr. Campbell's research lab as a research coordinator and exercise trainer. It was my work in Dr. Campbell's lab that got me excited about research and pursuing graduate school. My current research interests include exercise prescription for cancer survivors and exploring the role of exercise in reducing cancer treatment side effects and improving patient quality of life.

As the RSEC, we aim to represent and advocate for students in the rehabilitation sciences graduate programs, and to provide opportunities for academic excellence and social connectedness throughout the program. This includes gathering feedback from students and faculty members on the program and curriculum, organizing our first research day (you can read more about this below), fostering connections between students via our new mentorship program (see below) and social events. We have members from all throughout the lower mainland so that there is a voice at the table from students who are located in the downtown, west and east sides of the city, as well as students who are supervised by faculty within both OT and PT departments.

Altogether, RSEC hopes to bring students together, share knowledge and offer opportunities for growth and development. We ultimately exist to improve the graduate school experience for all students within the rehabilitation sciences graduate program. If you have suggestions or ideas to help us achieve our goals, we'd love to hear from you!

Please let a member of RSEC know if you have any suggestions, questions, concerns, or comments, in person or through email.

Student representative email: [s.peters@alumni.ubc.ca](mailto:s.peters@alumni.ubc.ca) and [kelcey.bland@ubc.ca](mailto:kelcey.bland@ubc.ca)

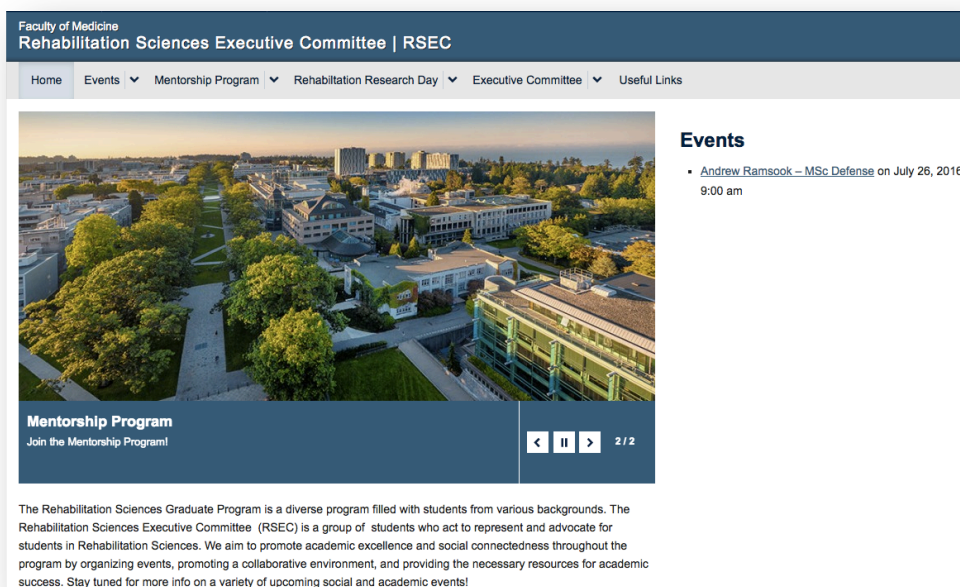
Thanks for reading and we hope you enjoy the contributions from some of our members below.

## RSEC WEBSITE

The RSEC website was recently made live, and will soon be promoted to the students and faculty in the program. The website contains:

- Lists of upcoming events (including proposals and defences) - this is also presented in calendar format
- Information and sign up for the mentorship program
- Information about the Rehab Research Day
- A "meet the team" section for the executive committee and meeting minutes
- A section for useful links such as the graduate student handbook

We encourage you to visit our website at: <http://rsec.med.ubc.ca/>



## RSEC MENTORSHIP PROGRAM

The Rehabilitation Sciences Mentorship Program is a yearlong mentorship program that intends to connect Master level graduate student mentees and Doctoral student /Postdoctoral mentors for research skill development, opportunities for collaboration and networking, and career exploration. The program aims to assist new graduate students transition from undergraduate university, or professional work, into the research-focused graduate student environment. The program incorporates face-to-face mentoring with online contact, networking events, and connections to career development resources including the annual RSEC Research Day. We had 8 mentee applications and 7 mentor applications. All pairings have been conducted and the mentoring is underway for the 2016-2017 program. We will survey people involved about their experiences at 3-months into the program and on completion.

## LUNCH N' LEARN SESSION

We held our first session in mid September on **Helpful Hints** for Rehab Science students. Approximately 10 new students in the program attended this session.

We plan to hold our second one in January/February 2017 that will focus on **Transitions into Non-academic Pathways**.

## 1<sup>st</sup> ANNUAL RSEC RESEARCH DAY

We hosted our first Research Day for Rehabilitation Sciences PhD and Masters students in the last week of September in the Centre for Brain Health. This was well attended with 30-40 people present throughout the day. Many reflected that it was a valuable opportunity to network with their peers.

At this year's event, Dr. Susan Harris delivered an inspiring keynote presentation on "Reflections from a Rehabilitation Researcher over the Past 40 Years".

We had 14 abstracts submitted and all students were given the opportunity to orally present their research. The following awards were given to the three abstract of highest quality:

- **Ryan Falck**, MSC student who is supervised by Teresa Liu-Ambrose
- **Reid Mitchell**, MSc student who is supervised by Jordan Guenette
- **Sue Peters**, PhD student who is supervised by Lara Boyd and Jayne Garland

For some highlights check out [www.twitter.com](http://www.twitter.com) and #ubcRSEC

We look forward to hosting the **2<sup>nd</sup> Annual RSEC Research Day** in late 2017.



Dr Susan Harris at the RSEC Research Day (2016)

### TRAINEE AWARDS AND GRANTS

Student	Degree	Supervisor	Award/Grant
Stephanie Glegg	PhD	Dr Holsti	Vanier Canada Graduate Scholarship
Flora To-Miles	PhD	Dr Backman	Affiliated Fellowship
Laura Bulk	PhD	Dr Jarus	Affiliated Fellowship, IODE War Memorial Scholarship
Sara Izadi	PhD	Dr Zwicker	Brain Canada Award, Four-Year Fellowship (4YF)
Sue Peters	PhD	Dr Boyd	VCHRI Rising Star Award, IODE War Memorial Scholarship, Society for Neuroscience FENS Conference Travel Award
Jennifer Ferris	PhD	Dr Boyd	VCHRI Rising Star Award, CIHR PhD Scholarship
Dennis Louie	PhD	Dr Eng	RHSC PhD Scholarship
Elham Esandiari	PhD	Dr Miller	RHSC PhD Scholarship
Calvin Tse	PhD	Dr Hunt	NSERC (CGS-D) Scholarship
Andrew Ramsook	PhD	Dr Guenette	Four-Year PhD Fellowship (4YF)
Bev Larssen	PhD	Dr Boyd	Louise McGregor Memorial Scholarship in Neurorehabilitation
Bolette Rafn	PhD	Dr Campbell	Physiotherapy Foundation of Canada Oncology Division Research Grant, “Best Oncology Contribution Poster Award” APTA Meeting 2016
Nafeez Syed	PhD	Dr Guenette	Jane Hudson Scholarship, BC Lung Association Respiratory Rehabilitation Fellowship
Lyndal Solomons	PhD	Dr Scott	Gunn Foundation PhD Fellowship
Emma Smith	PhD	Dr Miller	CIHR PhD Scholarship
Jesse Charlton	MSc	Dr Hunt	CIHR MSc Scholarship
Tracy Dignum	MSc	Dr Liu-Ambrose	Physiotherapy Foundation of Canada Grant
Reid Mitchell	MSc	Dr Guenette	“Best MSc Poster Award” CSEP Annual Meeting 2016

## POST-DOCTORAL AWARDS AND GRANTS

Post-doctoral Fellow	Supervisor	Award/Grant
Dr Jason Neva	Dr Boyd	CIHR Post-doctoral Fellowship
Dr Jean-Francois Esculier	Dr Hunt	CIHR Post-doctoral Fellowship
Dr Angela Auriat	Dr Boyd	CPSR Post-doctoral Fellowship
Dr Clayton Hamilton	Dr Li	MSFHR Post-doctoral Fellowship Award
Dr Glenn Landry	Dr Liu-Ambrose	“Best Post-doc Poster Presentation Award” AAIC Conference 2016

## SELECTION OF THE MANY REHAB SCIENCE TRAINEE SUCCESSES:

### Graduations

- **PhD in Rehabilitation Sciences**
  - o Elise Huisman – Supervisor Alex Scott
  - o Amy Kirkham – Supervisor Kristin Campbell
  - o Lois Lochhead – Supervisor Catherine Backman
  - o Cameron Mang – Supervisor Lara Boyd
  - o Judit Takacs – Supervisor Michael Hunt
  - o Dominik Zbogar – Supervisor Janice Eng
- **PhD in Population and Public Health**
  - o Sarah Neil – Supervisor Kristin Campbell
- **PhD in Experimental Medicine**
  - o Seyed Mousavizadeh Ahmadabadi – Supervisor Alex Scott
- **MSc in Neuroscience**
  - o Jennifer Ferris – Supervisor Lara Boyd
- **MSc in Rehabilitation Sciences**
  - o Nada Basoudan – Supervisor Darlene Reid
  - o Lynita White – Supervisor Alex Scott

## RSEC COMMITTEE MEMBERS:



### **Sue Peters, PhD Student Representative**

4th year in program, PhD candidate, Lara Boyd & Jayne Garland.

Received MPT from Western University. Worked 5 years as a full time physio in both public and private practice in clinics in Burnaby and Vancouver. My long-term goal as an independent researcher in neurorehabilitation is to significantly advance our understanding of the mechanisms underpinning the cognitive aspects of voluntary goal-directed movements, and exploit this knowledge to develop novel rehabilitation approaches that improve standing balance and gait after stroke. Achieving this goal will allow increased understanding of the neurophysiological mechanisms associated with brain and muscle impairments and plasticity post-stroke.

Hobbies: running, hiking, yoga.

Why rehab science? I came to learn from the best! My supervisors are at the top of the stroke rehab field and I wanted to learn from them.

My future ambitions include becoming a faculty member at a top Canadian university in a PT department.



### **Kate Hayward, Postdoctoral Representative**

Postdoctoral Fellow

Kate Hayward completed her Bachelor of Physiotherapy (Honours) at James Cook University (Australia) and her PhD at The University of Queensland (Australia). Kate's graduate work built upon her clinical experience and focused on people with severe upper limb impairment after stroke. Here, she evaluated the use of novel training interventions (e.g., SMART Arm, outcome-triggered electrical stimulation), along with identifying clinical factors associated with functional recovery. To extend on her graduate work in people with severe impairment, Kate joined the Brain Behaviour Lab at UBC (Dr. Lara Boyd) to use multimodal neuroimaging to explore the dynamic capacity of the severely damaged brain and identify possible brain biomarkers associated with functional recovery. Her postdoctoral work aims to unpack the neurobiology of severe upper limb impairment after stroke. The outcomes of her research will be used to inform the development of novel training interventions to promote optimal upper limb recovery after severe stroke.

*Hobbies:* Cycling, hiking and travelling the world with family and friends



### **Laura Yvonne Bulk, Education Chair**

PhD, year 2, Dr. Laura Nimmon & Dr. Tal Jarus (although, our years will need to be updated in a couple months)

Background: BSW (Bachelor of Social Work), MOT (Master of Occupational Therapy). I am a practicing occupational therapist

Research interests: Experiences of blindness, End-of-life, Health professionals with disabilities, critical theory, participatory/emancipatory research, arts-informed research.

Favourite hobbies: Cooking for people, walking with a friend, playing board/card games, having potlucks





#### **Sarah Sayyari, Mentorship Program Coordinator**

Sarah is a second year Master of Science student studying Rehabilitation sciences in Dr. Kristin Campbell's clinical exercise physiology lab. Prior to beginning her graduate studies, Sarah completed a bachelor degree in Kinesiology from The University of British Columbia. Sarah's primary areas of research are Breast Cancer prevention and rehabilitation. Sarah's masters thesis is focused on establishing the unmet rehabilitation needs of Breast Cancer survivors in British Columbia. Outside of research, Sarah enjoys long distance running, weight training, and playing tennis with her boyfriend Joe



#### **Andrew Ramsook, Webmaster**

1st year PhD student with Jordan Guenette

Background: BPHE, University of Toronto

Research interests: Respiratory Exercise Physiology

Why Rehabilitation Sciences? Get to work with a great team in beautiful BC.



#### **Kelcey Bland, MSc Student Representative**

BHK, MSc Student

Kelcey began her MSc in the Rehabilitation Sciences Program under the direction of Dr. Kristin Campbell in 2015. She completed her Bachelors of Human Kinetics in Kinesiology and Health Sciences at UBC in 2012. Prior to starting her Master's, Kelcey worked in Dr. Campbell's research lab as a research coordinator and lead exercise trainer for a study investigating the feasibility of offering physician-referred exercise programming as a part of supportive care during breast cancer treatment. Kelcey's current research interests include exercise prescription for cancer survivors and exploring the potential role of exercise in reducing cancer treatment side-effects and improving patient quality of life. Outside of research, Kelcey is a Certified Pilates Instructor and has been teaching Pilates at the Vancouver Pilates Centre for 4 years. She hopes to continue pursuing her research interests as PhD student in the future.



#### **Dennis Riley Louie, representative for off-campus labs (Vancouver South)**

Year 1 in program, PhD, Janice Eng

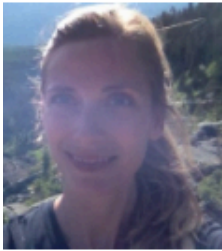
Background: Honours BSc (Physiology), MScPT (practicing PT), worked 4 years in neurological PT

Research interests: Stroke, neurological rehab, biotechnology

Hobbies: Exercise and sports (ultimate, volleyball, swimming)

Why Rehabilitation Sciences? Advance my knowledge in research and to make an impact on a greater scale in neurological rehabilitation than 1:1 treatment.

Future Ambitions: Not sure, would like to combine teaching, research, and clinical backgrounds into one role.



**Bolette Skjoedt Rafn, Research Committee Chair**

1st year Ph.D. student under the supervision of Dr. Kristin Campbell.

Bolette has a bachelor degree in physiotherapy from Copenhagen and a Master degree in Health Science from the University of Copenhagen, Denmark. She has 7 years of clinical experience as a physiotherapist predominately working with people with musculoskeletal injuries and people with various chronic conditions.

Bolette's work focuses on improving the ability to lead a normal life after treatment for breast cancer, specifically prevention and management of breast cancer-related lymphedema and other arm morbidities.

*Favourite hobbies:* Everything outdoorsy: biking, hiking, skiing, running in the woods, and beach BBQ.

*Why Rehabilitation Sciences?*

World class professors and research is coming from this program. That was enough to make me move here from across the world.

*What are your future ambitions?*

Wouldn't it be cool if we were able to create and implement rehabilitation programs after breast cancer surgery in BC to help women regain their upper body function and continue their life without chronic issues? That's my ambition.



**Brodie Sakakibara**

Dr. Brodie Sakakibara is Canadian Institutes of Health Research and Michael Smith Foundation for Health Research Postdoctoral Fellow in the Faculty of Health Sciences, Simon Fraser University, and Department of Physical Therapy, University of British Columbia. His current research focus is on secondary stroke and cardiovascular disease prevention, self-management, and the delivery of health and rehabilitation services for people with disabilities using consumer technologies. He is a member of the British Columbia Alliance on Telehealth Policy and Research, a multi-disciplinary research team working in the area of health-related services using telecommunication technologies, as well as the Canadian Partnership for Stroke Recovery.

**NEW ADDITIONS TO THE RSEC TEAM!**

We are pleased to welcome Gurkaran Singh, Jesse Charlton, Bea Francisco, Jennifer Ferris and Calvin Tse to the RSEC team beginning this month!