



**ST. MICHAEL'S**  
UNITY HEALTH TORONTO

Research Training Centre

# RTC Annual Report

# 2019



ST. MICHAEL'S  
UNITY HEALTH TORONTO

Research Training Centre

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*The mandate of the RTC is to represent, support and showcase research trainees and their mentors, and provide a nationally and internationally recognized training environment for developing professional skill.*



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# About the Research Training Centre



**ST. MICHAEL'S**  
UNITY HEALTH TORONTO

## Research Training Centre

Research training at the St Michael's Hospital is organized and managed by the Research Training Center (RTC). The Research Institute at the St Michael's Hospital is comprised of the Keenan Research Centre for Biomedical Science (KRCBS) and the Li Ka Shing Knowledge Institute (LKSKI). St. Michael's Hospital is fully affiliated with U of T.

The Research Institute brings together expertise in discovery research, translational science and applied health services research, resulting in a unique nationally and internationally recognized training environment for future scientists. The RTC supports trainees throughout the whole journey from registration to graduation. RTC programs supplement the training offered by supervisors and grad schools, to provide stimulating local opportunities that enhance research, academic and professional skills training. In addition to working with the trainees and supervisors, we also connect with the broader research community to support and advance research training.

## What kind of trainees is the RTC supporting?

Trainees are at the forefront of research, and our programs critically depend on our trainees. Their future depends on the quality of their training.

We provide support for individuals conducting research at St Michael's Hospital as a graduate student (at either the Master's or Doctoral level) or as a Postdoctoral Fellow, and under the supervision of a St. Michael's Hospital scientist; as well we also provide support to supervisors who participate in research training.

The RTC supports graduate students and postdoctoral fellows by:

- Organizing academic workshops, seminars and a yearly research day to enhance professional training and career development
- Providing internal scholarships and travel awards to recognize excellence in research
- Connecting St. Michael's Hospital trainees with other hospital-based Research Training Centres across the GTA to share resources and opportunities, and to promote innovative partnerships across specialties, programs, and services
- Maintaining a trainee registry and providing a point of contact to support trainees in the Research Institute on a day to day basis
- Providing general support for trainees including conflict resolution
- Representing trainee interests towards research leadership
- Informing trainees about external funding opportunities (see our newsletters)



## Our Team



### Dr. Katalin Szaszi, RTC Co-Director

Katalin Szaszi MD, PhD is a scientist at the Keenan Research Center (KRC) for Biomedical Science of the St Michael's Hospital and an associate professor at the University of Toronto (Dept Surgery). She obtained MD and PhD degrees at the Semmelweis University in Budapest, Hungary and completed post-doctoral trainings at the Hospital for Sick Children and Toronto General Hospitals in Toronto. She was appointed as a scientist at the KRC in 2005.

Dr. Szaszi is a cell biologist studying epithelial biology and pathophysiology in inflammation and fibrosis. Her lab uses cultured epithelial cells and animal models of kidney diseases to explore molecular pathways. They receive funding from CIHR, NSERC and the Kidney Foundation of Canada. She was a recipient of a Krescent New Investigator award from KFoC and CIHR (2007-2010) and an Early Researcher award from the Ontario Ministry of Innovation. She has 70 peer-reviewed well cited publications. Dr. Szaszi is involved in training undergraduate and graduate students as a full member of the Institute of Medical Science at the University of Toronto and supervised numerous post-doctoral fellows. She was a member of the KRC Research Training Center committee for close to 10 years and became co-director of RTC in 2018.



### Dr. Janet Parsons, RTC Co-Director

Janet Parsons is a Research Scientist at the Li Ka Shing Knowledge Institute of St. Michael's Hospital and an Associate Professor in the Department of Physical Therapy and the Rehabilitation Sciences Institute, University of Toronto. She is cross-appointed to the Institute of Medical Science and the Institute of Health Policy Management and Evaluation. She is also an Academic Fellow at the Centre for Critical Qualitative Health Research, Dalla Lana School of Public Health. She obtained both her PhD and MSc degrees in Medical Science from the University of Toronto. She completed postdoctoral training at the Centre for Urban Health Solutions at St. Michael's Hospital, specializing in urban health and the health of marginalized populations. Dr. Parsons was appointed as a scientist at the LKSKI in 2009, and is based at the Applied Health Research Centre. A qualitative methodologist, her program of research focuses on the development and application of arts-based visual and narrative methodologies to a wide range of health research topics. Substantive interests are health equity and health services research. She has employed photography, film, drawing and storytelling in her work. Dr. Parsons has authored over 40 peer-reviewed publications, and is involved in training graduate students and postdoctoral fellows.



### Kristine Antony, RTC Coordinator

Kristine Antony (HBC) is the Research Training Centre (RTC) Coordinator at St. Michael's Hospital. She obtained her HBC in Biochemistry from the University of Waterloo. Prior to joining the Research Training Centre, Kristine has worked with undergraduate and medical students as the Keenan Research Summer Student (KRSS) Program Coordinator, in the Office of Research Administration at Unity Health Toronto.



### Sandra Naccarato, RTC Administrator

Sandra Naccarato is a Research Administrative Assistant at St. Michael's Hospital. Sandra has been working at St. Mike's for 13 years. She is part of the Critical Care Research. Sandra works for several P.I's on the 6th floor, in the LKSKI Building. Sandra has been working with the Research Training Centre since the start of the program (2009). She coordinates the biweekly presentation seminars. She finds it very rewarding to work with the students and help them with challenges that they might encounter.



@SMH\_RTC



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416-360-4000 ext. 47871

# Trainee Statistics

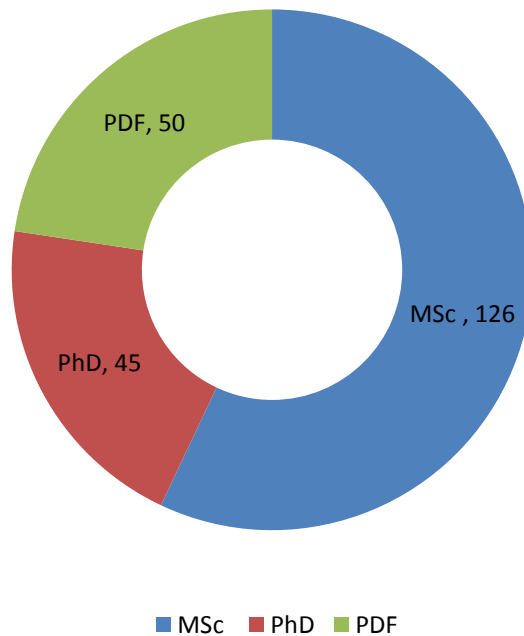
**Table 1: RTC Trainee Breakdown**

Level	KRCBS	LKSKI	Total
MSc	90	36	126
PhD	23	22	45
PDF	28	22	50
<b>Total</b>	<b>141</b>	<b>80</b>	<b>221</b>

**KRCBS** = Keenan Research Centre for Biomedical Science, refers to wet bench or experimental research trainees.

**LKSKI** = Li Ka Shing Knowledge Institute, refers to dry bench or clinical/health policy research trainees.

## RTC Trainee Breakdown for LKS & KRC



This year we are working on including the Institute for Biomedical Engineering, Science and Technology (iBEST) trainees from Ryerson. There are 81 iBEST trainees working with St. Michael’s Hospital supervisors.



St. Michael's

Inspired Care.  
Inspiring Science.

Research Training  
Centre



ST. MICHAEL'S  
UNITY HEALTH TORONTO

Research Training Centre

**183 Trainees**



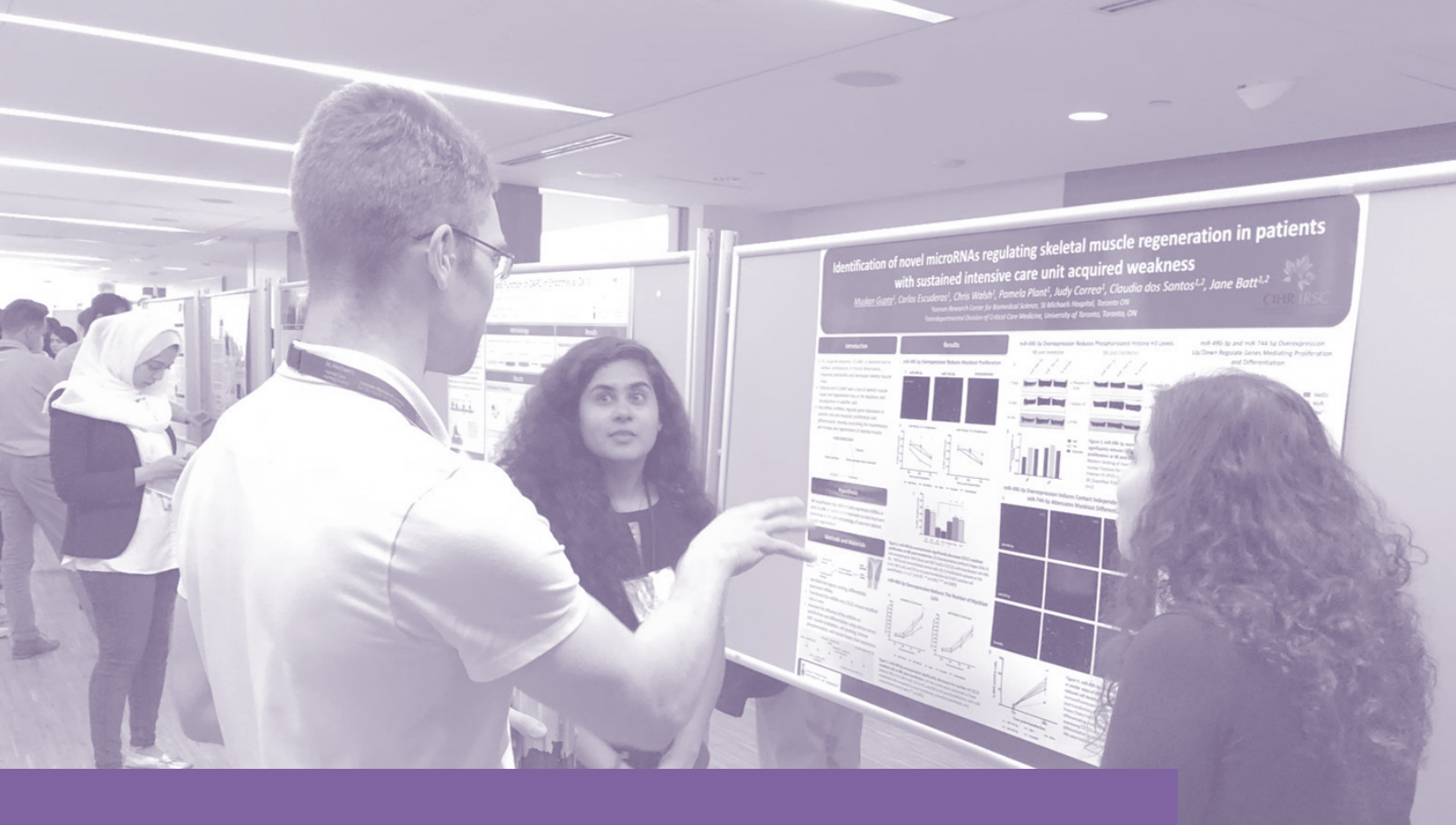
**221 Trainees**

**(2018)**

**(2019)**

**(302 trainees including IBEST)**





# 2019 Trainee Research Day

Our 2019 Trainee Research Day was a success! Our trainees have presented outstanding oral and poster presentations this year! It was a difficult decision to choose the top presenters from an impressive group of trainees here at the St. Michael's Hospital Research Training Centre. Congratulations to all the trainees who participated this year, and we look forward to next year's presentations!

## Dry Bench Presentation Winners

- Dr. Alexa Yakubovich** – Oral Competition Winner
- Andrea Glenn** – Oral Competition Runner Up

- Stephanie Nishi** – Poster Competition
- Shelley Vanderhout** – Poster Competition
- Fei Rodney Au-Yeung** – Poster Competition

## Wet Bench Presentation Winners

- Elyse Latreille** – Oral Competition Winner
- Shenhab Zaig and Daniel MacKeigan** – Oral Competition Runner Up
- Karen Fung** – Poster Competition

- Michelle Dubinsky** – Poster Competition
- Thenuka Thanabalasingam** – Poster Competition
- Razan Turki** – Poster Competition

## Abstract Selection Committee

Dr. Gerald Lebovic

Dr. Katalin Szaszi

Dr. Kim Connelly

Dr. Stephen Hwang

Dr. Shruthi Venugopal

Michelle Dubinsky

Dr. Jane Topolovec-Vranic

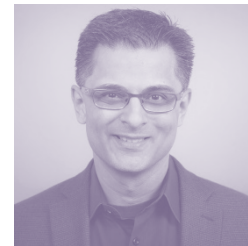
Dr. Michael Kofler

## Keynote Speakers



### *“Speaking Science”*

**Dr. John Marshall**, Co-Director, Critical Illness and Injury Research Centre, Keenan Research Centre for Biomedical Science



### *“Six Things Every Research Trainee Should Know About Healthcare Research”*

**Dr. Muhammad Mamdani**, Director, Li Ka Shing Centre for Healthcare Analytics Research and Training (CHART), Li Ka Shing Knowledge Institute

## Dry Bench Judges

Dr. Muhammad Mamdani

Dr. Nick Metheny

Dr. Billie Jo Hardy

Dr. Jonathon Maguire

Dr. Emma Richardson

Judith Hall

Dr. Erica Conte

Dr. C. Keown-Stoneman

Dr. Charles Keown-Stoneman

Dr. Gillian Booth

Dr. Rosane Nisenbaum

## Wet Bench Judges

Dr. Yeni Yucel

Dr. Warren Lee

Michelle Dubinsky

Dr. Gaspard Montandon

Dr. Tom Schweizer

Brent Steer

Dr. Xiao-Yan Wen

Dr. Shruthi Venugopal

Dr. Andras Kapus

Dr. Mirjana Jerkic

## Oral Competition Presenters

### *Experimental/ Basic Science*

Presenter	Title
<b>Amin Ektesabi</b>	Mir-187 regulation in primary cardiomyocyte and murine model of experimental sepsis-induced myocardial dysfunction
<b>Daniel MacKeigan</b>	Apolipoprotein A-IV is an endogenous inhibitor of thrombosis: the roles of polymorphisms in the risk of cardiovascular disease
<b>Elyse Latreille</b>	Identification of a novel compound that reduces mortality from severe influenza
<b>Mihails Ditmans</b>	Optimizing Drug Delivery in Ultrasound and Microbubble Treatment of ARDS
<b>Ramsha Khan</b>	In vitro platelet phagocytosis: a powerful tool for predicting the therapeutic potential of erythrocyte antibodies in murine ITP
<b>Shenhab Zaig</b>	Understanding opioid-induced respiratory depression and analgesia using novel zebrafish models

### *Clinical/Health Sciences*

Presenter	Title
<b>Amalia Gil</b>	Integration of an eye-tracker in the operating room to assess the effect of distractions on surgeons' visual attention
<b>Andrea Glenn</b>	Longitudinal changes in adherence to the DASH and Portfolio dietary patterns and cardiometabolic risk factors in PREDIMED-Plus
<b>Christine Schemitsch</b>	The Association Between Psychological Factors and Outcome Following Treatment for Rotator Cuff Disease – A Systematic Review
<b>Farah N. Mawani</b>	Building Roads Together: A Community-based Walking and Rolling Peer Support Program for Inclusion and Mental Health
<b>Jason Lo Hog Tian</b>	Breaking the Stigma Barrier: Social Determinants of Health and their Impact on Stigma in People Living with HIV
<b>Alexa Yakubovich</b>	Trajectories of exposure to neighbourhood deprivation in childhood and women's experiences of intimate partner violence in adulthood: a multi-method analysis of a UK birth cohort



## Poster Competition Presenters

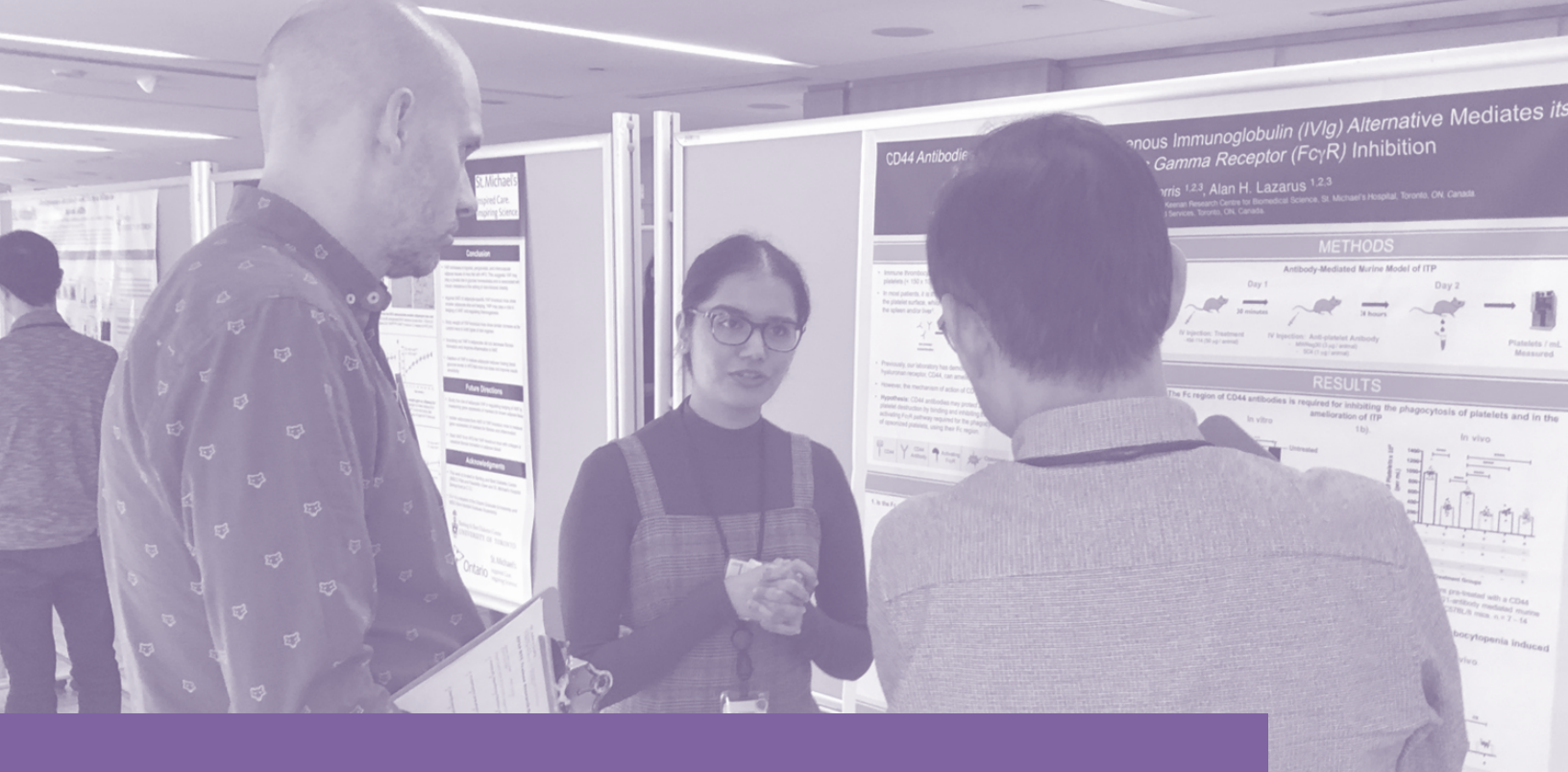
Trainee	Supervisor	Presentation Title
<b>Agnes Sebastian</b>	Dr. Yvonne Bombard	Effect of genetics clinical decision support tools on healthcare providers' decision making: A systematic review
<b>Chirag Vaswani</b>	Dr. Claudia dos Santos	The Regulation of Occludin mRNA by miR193b-5p in Influenza Induced ARDS
<b>Daniel Han</b>	Dr. Cynthia Luk	Examining the role of adipocyte YAP in regulating glucose tolerance and obesity-associated insulin resistance
<b>Danielle Lee</b>	Dr. John Sievenpiper	Effect of important food sources of fructose-containing sugars on non-alcoholic fatty liver disease: a systematic review and meta-analysis of controlled trials
<b>Fei Rodney Au-Yeung</b>	Dr. John Sievenpiper	Important Food Sources of Fructose-Containing Sugars and Fasting Lipids: a Systematic Review and Meta-Analysis of Controlled Feeding Trial
<b>Gurleen Kaur</b>	Dr. Alan Lazarus	CD44 Antibodies – A Recombinant IVIg Alternative Mediates its Anti-Inflammatory Activity by Fc Gamma Receptor Inhibition
<b>Gurrattan Chandhoke</b>	Dr. Aaron Nauth	Surgeon management preferences for patella fractures in elderly, low-demand patients: a cross-sectional survey
<b>Hanna Wabnitz</b>	Dr. Alan Lazarus	Antigen loss is important for the ability of antibodies to induce antibody-mediated immune suppression relevant to haemolytic disease of the foetus and newborn
<b>Izabela Soczynska</b>	Dr. Jonathon Maguire	Plant-based milk consumption in young children
<b>Jennifer Lee</b>	Dr. John Sievenpiper	Relation of Change or Substitution of Artificially Sweetened Beverages on Cardiometabolic Outcomes: A Systematic Review and Meta-analysis of Prospective Cohort Studies using GRADE
<b>Karen Fung</b>	Dr. Greg Fairn & Dr. Warren Lee	Inhibition of Low density Lipoprotein Internalization and Transcytosis by HDL; an alternative role for "good" cholesterol
<b>Kate Rzadki</b>	Dr. Sunit Das	Identifying barriers to completion of adjuvant therapy in patients with newly diagnosed glioblastoma multiforme
<b>Laura Elliott</b>	Dr. Jonathon Maguire	Association between vegetarian diet, growth and micronutrient stores in early childhood
<b>Lucas (Jaryd) Te</b>	Dr. Jane Batt	Enabling skeletal muscle repair and functional recovery following denervation-induced injury using ultrasound mediated gene delivery (UMGD)
<b>Michelle Dubinsky</b>	Dr. Philip Marsden	Role of Hemodynamic-Mediated Endothelial Cell Cis-Acting DNA Element in Regulating Gene Expression Changes
<b>Muskan Gupta</b>	Dr. Jane Batt	Identification of novel microRNAs regulating skeletal muscle regeneration in sustained ICUAW

<b>Negar Khosraviani</b>	Dr. Warren Lee	Expression and Function of DARC in Endothelial Cells
<b>Néma McGlynn</b>	Dr. John Sievenpiper	Systematic Review and Network Meta-Analysis Of Non-Caloric Sweetened Beverages versus Water and Cardiometabolic Risk
<b>Rajiv Sanwal</b>	Dr. Warren Lee	The endothelial barrier is not rate-limiting to insulin action in the myocardium
<b>Razan Turki</b>	Dr. Wolfgang Kuebler	Stretch-induced activation of Hippo signaling in lung microvascular endothelial cells – a novel mechanism of overventilation-induced pulmonary fibrosis
<b>Robinson Truong</b>	Dr. Darrell Tan	A systematic review of the impact of chronic tetracycline class antibiotics on antimicrobial resistance in host normal flora
<b>Selena Osman</b>	Dr. David Cramb	First Steps to Nanomedicine: Assessing Interactions between Polystyrene Nanoparticles and Albumin Proteins
<b>Shaista Anwer</b>	Dr. Katalin Szaszi	Regulation and role of the tight junction molecule Claudin-3 in epithelial cells
<b>Shelley Vanderhout</b>	Dr. Jonathon Maguire	Cow's milk fat and child adiposity: a prospective cohort study
<b>Stephanie Nishi</b>	Dr. John Sievenpiper	Nut Consumption Does Not Increase Risk of Adiposity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
<b>Thenuka Thanabalasingam</b>	Dr. Haibo Zhang	Reconstruction of the lung with Type II Alveolar Epithelial Cells on Gelfoam sponge in emphysema
<b>Tianzhou Zhang</b>	Dr. Darren Yuen	A critical NPAK1-YAP/TAZ feed forward loop drives kidney fibrosis
<b>Tiffany Ni</b>	Dr. Heyu Ni	Two Birds One Stone: Salvianolic Acid B Inhibits Coagulation And Platelet Aggregation

# 2019 RTC Seminar Presentations

Presenter	Presentation Title
<b>Natasha Talwer</b>	Functional imaging of the clock-drawing test in a mild cognitive impairment population using novel MRI-compatible tablet technology to capture real-time brain activity while completing the task
<b>Shelley Vanderhout</b>	Cow's milk fat and child growth, development and adiposity
<b>Chloe Mighon</b>	Patients' experiences with uncertainty related to incidental genomic sequencing results
<b>Christine Schemitsch</b>	The Impact of Psychological Factors on the Outcome of Surgical Repair for Rotator Cuff Tears - A Prospective Cohort (IMPROVE Study)
<b>Agnes Sebastian</b>	Needs and experiences of primary care providers when managing incidental findings from genomic sequencing
<b>Thivia Jegathesan</b>	Effect of postnatal age and gestational age on total bilirubin rate of rise in moderate preterm neonates
<b>Gurleen Kaur</b>	Assessing the significance of the Fc region of CD44 antibodies in the amelioration of Immune Thrombocytopenia (ITP)
<b>Lina Elfaki</b>	Ultrasound-targeted MicroRNA Therapy for Abdominal Aortic Aneurysms
<b>Tamadher Alghamdi</b>	The Role of Epigenetics in Controlling Endothelial Activation in Diabetic Kidney Disease
<b>Dr. Michael Kofler</b>	Mediated Nuclear Import and Export of TAZ
<b>Amin Ektesabi</b>	Identification of Immunoregulatory microRNAs in Cardiac Tissue from Septic Mice treated with Mesenchymal Stromal/Stem Cells
<b>Ana Paula Teixeira Monteiro</b>	DJ-1/PARK7 Silencing in Human Mesenchymal Stromal Cells Confers Enhanced Improvement in Sepsis
<b>Razan Turki</b>	Stretch-induced activation of Hippo signaling in lung microvascular endothelial cells – a novel mechanism of overventilation-induced pulmonary fibrosis
<b>Peter Norris</b>	Fc gamma receptor blockade as a therapeutic maneuver for immune cytopenias
<b>Shaista Anwer</b>	TNF alpha-induced Claudin-3 expression regulation in kidney tubular epithelial cells
<b>Zahra Khan</b>	Remote Ischemic Conditioning in Traumatic Brain Injury: A Randomized Control Trial
<b>Néma McGlynn</b>	Effect of Non-Nutritive Sweetened Beverages on Cardiometabolic Risk: A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials
<b>Laura Elliott</b>	The association between vegetarian diet, growth and micronutrient store in early childhood
<b>Cilia Mejia-Lancheros &amp; James Lachaud</b>	What happens after exiting homelessness: housing stability pathways, quality of life, community integration, and substance use severity of mentally ill homeless adults





# 2019 RTC Scholarship Recipients

The Research Training Centre is pleased to offer a limited number of scholarships to support research trainees at the LKSKI and KRC. The aim of these awards is to provide a partial salary support for excellent trainees (graduate students and post-doctoral fellow) in order to help them to perform research and obtain a degree through their work. The successful application will be provided with the award for one year. Congratulations to our outstanding trainees!

## *Scholarship Recipients*

- Shaista Anwer** – MSc – Wet Bench
- Matthew Reyad** – MSc – Wet Bench
- Elyse Latreille** – MSc – Wet Bench
- Thenuka Thanabalasingam** – MSc – Wet Bench
- Michelle Dubinsky** – PhD – Wet Bench
- Dr. Ghaffari Siavash** – PDF – Wet Bench
- Zahra Khan** – MSc – Dry Bench
- Néma McGlynn** – MSc – Dry Bench
- Laura Elliott** – MSc – Dry Bench
- Christine Schemitsch** – PhD – Dry Bench
- Dr. Cilia Mejia-Lancheros** – PDF – Dry Bench

## *Honourable Mentions*

- Tiffany Ni** – MSc – Wet Bench
- Daniel Han** – MSc – Wet Bench
- Negar Khosraviani** – MSc – Wet Bench
- Minhyoung Lee** – PhD – Wet Bench
- Dr. Biswajit Chowdhury** – PDF – Wet Bench
- Dr. Samantha Mahabir** – PDF – Wet Bench
- Dr. Shuangbo Liu** – MSc – Dry Bench
- Salma Shickh** – PhD – Dry Bench
- Dr. Arden Corter** – PDF – Dry Bench

# 2019 RTC Travel Award Recipients

The aim of the RTC Travel Award is to provide funding to support travel of trainees in order to enhance their research training experience in the area of knowledge dissemination and sharing. The Research Training Centre has a limited amount of funding to support travel of trainees in order to enhance their research training experience in the area of knowledge dissemination and sharing. There are 12 travel awards available annually; 6 for the period of April 1st – September 30th and 6 for the period of October 1st – March 30th. Each recipient received up to \$1000 to cover conference related expenses.

<b>Trainee</b>	<b>Supervisor</b>	<b>Conference</b>	<b>Location</b>
<b>Lina Elfaki</b>	Dr. Howard Leong-Po	American Heart Association 2019 Scientific Sessions	Chicago, IL, USA
<b>Peter Norris</b>	Dr. Alan Lazarus	60th American Society of Hematology Annual Meeting & Exposition	San Diego, CA, USA
<b>Ramsha Khan</b>	Dr. Alan Lazarus	American Association of Blood Banks	Boston, MA, USA
<b>Amin Motamed Ektesabi</b>	Dr. Claudia Dos Santos	American Heart Association Vascular Discover: From Genes to Medicine	Boston, MA, USA
<b>Aravin Sukumar</b>	Dr. Philip Marsden	American Heart Association Vascular Discover: From Genes to Medicine	Boston, MA, USA
<b>Thivia Jegathesan</b>	Dr. Michael Sgro	Pediatric Academic Societies	Baltimore, Maryland, USA
<b>Pascal Djiadeu</b>	Dr. LaRon Nelson	Annual Canadian Conference on HIV/AIDS Research (CAHR)	Saskatoon, SK, Canada
<b>Jennifer Jairam</b>	Dr. Patricia O'Campo	Society of Pediatric and Perinatal Epidemiologic Research (SPER) 2019 Annual Meeting	Minneapolis, MN, USA
<b>Anthony Cannavici</b>	Dr. Michael Kutryk	13th HHT International Scientific Conference	Rio Grande, Puerto Rico
<b>Arlinda Ruco</b>	Dr. Nancy Baxter	Canadian Centre for Applied Research in Cancer Control (ARCC)	Halifax, Nova Scotia, Canada
<b>Michelle Dubinsky</b>	Dr. Philip Marsden	Epigenetic Regulation of Cardiovascular Disease Gordon Research Conference	Hong Kong, China
<b>Erika Gibson</b>	Dr. Jonathon Maguire	Pediatric Academic Society Meeting	Baltimore, Maryland, USA
<b>Jennifer Gillis</b>	Dr. Ann Burchell	33rd International Papillomavirus Conference	Barcelona, Spain

# 2019 Accomplishments at a Glance

## *RTC Express*

We've started a biweekly e-newsletter this year, the RTC express, sent every other Monday. This newsletter consists of news, funding information (internal & external funding), important dates, upcoming workshops & seminars for all trainees. An online version of the newsletter is posted on our website: <http://stmichaelshospitalresearch.ca/research-training-centre/rtc-express/>



## *Trainee Registration*

We are now a one stop shop for graduate trainees! The RTC will help incoming trainees on-board at St. Michael's – we'll help you get started on your first day! We process trainee stipends, access renewals and more.

## *Orientation Package & On-boarding Instructions*

We have launched the first trainee orientation package this year! Check out the orientation package on [our website](#).

We've developed new on-boarding instructions for incoming trainees! Upon registration, new trainees will receive detailed instructions for badge access, seating and training.

## *RTC Training Modules*

We have started a new series of workshops catered to the needs of our trainees. We have collaborated with the Research Core Facilities, GTA RTCs and the SRSA on many of these workshops! See page 18 for more information or visit [our website](#).

## *RTC Report Card*

We have launched the first RTC report card this year! The purpose of the report card was to encourage trainees to actively participate in RTC events. Results from the report card will be considered when selecting RTC scholarship and RTC travel award recipients.

# Research Training Modules

## Academic Seminars & Workshops

Research Series	Event	Description
Keenan Research Seminar Series	RTC Trainee Seminars	Trainees showcase their research and get feedback from experienced scientists, research staff and peers.
	Keenan Research Centre for Biomedical Centre (KRCBS) Seminars	The Keenan Research Seminar Series provides a forum for presentation of the latest research advances of scientists located within, and affiliated with, the Keenan Research Centre for Biomedical Science of St. Michael's Hospital.
	Institute for Biomedical Engineering, Science & Technology (iBEST) Seminars	The Keenan Research Seminar Series provides a forum for presentation of the latest research advances of scientists located within, and affiliated with, the Keenan Research Centre for Biomedical Science of St. Michael's Hospital.
Li Ka Shing Seminar Series	RTC Trainee Seminars	Trainees showcase their research and get feedback from experienced scientists, research staff and peers.
	Clinical and Population Health Research Rounds	Biweekly presentations which include presentations by leading scholars on a range of topics in epidemiology and health services /policy research.
	KT Seminar Series	A national monthly webinar series.
	Centre Talks	Includes presentations on issues of health equity and the social determinants of health.
	Research & Methods Rounds	TBD
Essentials in Experimental Research Series	How to Design a Research Project: Wet Bench	This presentation will introduce the use of the scientific methods as the basis of research inquiry. Discussion will center around practical aspects of project design such as developing a research question; generating a hypothesis and formulating specific objectives/aims. Understanding these fundamental aspects of the research process will also aid trainees in writing reports, manuscripts and thesis and presenting at committee meetings. This presentation is recommended for wet and dry bench trainees at all levels.
	How to Design an Experiment Part 1 & 2	The process of science is complex, non-linear (it contains cycles and loops), and does not follow a single prescribed path. At times it can be very messy! One important feature of science is that it is an ongoing process. Before embarking on your own full-fledged scientific investigations, this class will offer you some important considerations to keep in mind when designing your experiments.
	Experimental Documentation: Keeping a Lab Book	Dr. Di Ciano-Oliveira will present on how to keep a proper laboratory book/manual. In particular, what information should be recorded and how to annotate your experiments correctly.
Essentials Methods in Dry Bench Research Series	Introduction to Research Design: Where do you Think you're Going?	This presentation will focus on formulating your research question and developing your study design, as it pertains to dry bench research. While there will be an emphasis on qualitative and mixed-methods approaches, many of the principles covered are applicable to quantitative studies. The importance of asking a 'good' question and methodological consistency will be highlighted. This workshop is open to trainees at all levels. Hope to see you there!
	RCTs with the RTC	Gurpreet Lakhanpal, MSc, CCRP, is a Clinical Research Specialist with the Clinical Trials Unit at the AHRC. Her lecture will be a crash course on randomized control trials. She will cover topics such as recruitment, interventions, challenges of RCTs, best practices, common errors, and more. Hope to see you there! This workshop is for Trainees registered with the Research Training Centre.
	I don't know what p-values are, and at this point I'm afraid to ask	This lecture covers what p-values are, a brief history about them, best practices when using/interpreting them, and some of the recent controversy surrounding them. A brief introduction to Bayesian Methods is also discussed.
Research Training	Practical Training in Specific Research Techniques	The workshops presented by Research Core Facilities run several types of training courses to teach theoretical and practical skills in essential experimental techniques, designed both for new and more experienced trainees.

## Managing your Graduate Career and Life

Event	Description
<b>How to Manage your Graduate Studies, Committee Meeting &amp; Defense</b>	Learn about timelines and expectations for graduate students! Dr. Mount will cover topics such as PAC meetings, thesis timelines, and more!
<b>Psychology of a Graduate Student</b>	March is Mental Health Month at St. Michael's Hospital! Join us for an important seminar by Keenan Research Centre Scientist Dr. Andras Kapus on the stress students can experience during graduate school and solutions for handling common conflicts and stressors.
<b>Life after Graduate School (LCS)</b>	TBD

## Skill Development

Skill	Event	Schedule
<b>Communication</b>	Scientific Writing	To be scheduled by the Health Sciences Library
	Scientific Presentation: Poster	October 24, 2019 - Health Sciences Library
	Scientific Presentation: Oral	To be scheduled
	How to Write a Proposal: Research & Grants	October 30, 2019 – SRSA & RTC
	How to Present Data and Generate a Figure: Photoshop/Illustrator/Inkscape	To be scheduled
<b>Software</b>	Statistical Software: R Workshop	April 2020
	Graph Software	To be scheduled
	Citation Management	Monthly Workshop - Health Sciences Library
<b>Data Management</b>	Data Analysis, Big Data, Bioinformatics	February 19, 2020
<b>Business Skills</b>	Project & Time Management	To be scheduled
	Networking 101	To be scheduled
	Mini-MBA	June – July 2020

# St. Michael's Hospital Research Student Association (SRSA)

## Overview of SRSA

St. Michael's Hospital Research Student Association (SRSA) is a graduate student-run organization committed to representing the research students at St. Michael's Hospital by promoting collaboration within our community, advocating for student needs and working co-operatively with administrative and executive bodies. SRSA aims to create a student community within the hospital and an environment that promotes the student voice. By working closely with administration and executive bodies, SRSA will provide research students an avenue to fill gaps in their research experience at St. Michael's Hospital by promoting student interests.

## Our Team

**Selena Osman**, Chair

**Christine Schemitsch**, Vice-Chair

**Agnes Sebastian**, Vice-Chair

**Manon Feasson**, Academic Director

**Aylin Visram**, Academic Director

**Jaryd Te**, Director of Communications

**Thenuka Thanabalasingam**, Director of Student Equity

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**Ellen Wu**, Social Director – Community Outreach

**Zahra Kahn**, Social Director – Student Life

**Shenhab Zaig**, Social Director – Student Life

**Patrick Meagher**, Treasurer

**Michelle Dubinsky**, Senior Advisor

## SRSA Events from 2019

The SRSA executives put on a multitude of successful events throughout 2019. These events include the following:

- RTC & SRSA: How to Formulate a Research Question and Design a Project: An Interactive Workshop for KRC and LKSKI Research Trainees
- Scholarship and Grant Writing 101
  - o January 2019
  - o November 2019
- Mental Health Awareness Month – March 2019
  - o Bell Let’s Talk Day Break Room
  - o Journaling Workshop
  - o Chair Yoga and Meditation
  - o “Psychology of a Grad Student” Seminar with Dr. Andras Kapus and Nina Kirischian.
  - o Gratitude card writing
- Two Elevator Pitch Competitions
  - o April 2019
  - o November 2019
- Monthly Socials
- [Humans of St. Mikes](#) – An Instagram account featuring stories from trainees, researchers, health care professionals and other members of the St. Michael’s Hospital community.
- Product Show
- Life Sciences Career Symposium - July 2019
- Welcome Breakfast - September 2019
- Toy and Clothing Drive – December 2019

### *Scholarship and Grant Writing 101*

January 2019, November 2019

The Scholarship and Grant Writing 101 workshop featured Sandy Marshall, a medical writer, editor, and educator with a strong research background. The workshop was an interactive, collaborative session that focused on the writing skills necessary for creating an effective and concise one-page research outline and lay summary and was intended to help students prepare for the CGS, OGS and RTC scholarship deadlines.

This workshop encouraged registrants to bring copies of their lay summaries and research outlines and work on them throughout the workshop. This encouraged a lot of questions and collaboration between students. Because the student body at St. Michael’s Hospital is so diverse in regard to training and research backgrounds, students had a lot to learn from each other as well.

## ***Mental Health Month 2019***

March 2019

Graduate students' mental health concerns are well documented and we felt that it was imperative to reach out to the trainee community of St. Michael's Hospital to support their mental health. To achieve this, we kicked off the Mental Health initiative on Bell Let's Talk Day in late January. Then in March, we organized one mental wellness/awareness event each week, with activities such as chair yoga and meditation, a seminar featuring a talk by Dr. Andras Kapus and a U of T counsellor on graduate student stress, journal-making to de-stress, and finally a mental-health themed social where attendees could make and pass on gratitude cards. In addition to this month-long initiative, we compiled a comprehensive, up-to-date list of mental health resources which were disseminated by pamphlets and on the RTC website. We are really proud of this important undertaking and our efforts were well-received. We are eager to repeat and enhance Mental Health Month in the 2019-20 academic year to continue to support our trainee community.

## ***Elevator Pitch Competition***

April 2019 and November 2019

In 2019 SRSA organized the first St. Michael's Hospital Elevator Pitch Competition. This competition was an opportunity for trainees at St. Michael's Hospital to present their research in a concise manner to a general audience with a variety of backgrounds. This competition was intended to provide trainees with the opportunity to develop scientific communication skills while honing their elevator pitch. Research students had three minutes to present a compelling oration of their thesis topic and its significance. We hoped this competition would provoke researchers and trainees alike to discuss their research and create networking opportunities for future collaborations.

This event was a huge success and included a prestigious judging panel that included Dr. Ori Rotstein, Dr. Patricia O'Campo, Dr. Andras Kapus, Dr. Erica Conte, and Dr. Art Slutsky. Preceding the event, we provided competitors with an Elevator Pitch workshop that was hosted by Dr. Erica Conte and Ana Gajic. This workshop primed competitors on the important aspects of an elevator pitch.

The winner of this event was Shelley Vanderhout, who also won the audience choice award!

Due to the success of this event, SRSA organized a second Elevator Pitch Competition, taking place on November 30<sup>th</sup>, 2019 during Unity Health Toronto's Research Month. The winner of the second Elevator Pitch Competition was Amalia Gil, who also won the audience choice award!

## ***Life Sciences Career Symposium***

The Life Sciences Career Symposium was a day devoted to students and trainees looking to transition into a career in the life sciences after graduation. This year, we had panels on biotechnology, bioinformatics, and AI; as well as on health policy and advocacy. The event featured keynote speakers Dr. Jayson Parker and Dr. Karen Borne. Overall, this event was a huge success and spurred a lot of conversation at the networking session.





## CONTACT US

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