



THIRD ANNUAL
MCMASTER

HEALTH ADVOCACY

Symposium

SATURDAY, SEPTEMBER 24, 2016

Symposium Schedule

Time	Item	Location
8:45	Conference Registration/Light Breakfast	2nd Floor Lobby
9:30	Registration Closes	
9:45	Welcome Address	Auditorium (Room 2032)
10:00	Keynote Speaker: Dr. Gary Bloch	Auditorium (Room 2032)
11:00	Nutrition Break	
11:20	Workshop 1	
	<i>Why Canada Needs National Pharmacare Now</i> Dr. Ritika Goel	2035
	<i>How to write effective opinion pieces and communicate health information to the public</i> Dr. Matthew Stanbrook	Room 2008
	<i>Re-imaging Parenting Possibilities</i> Dr. Ann Fudge Schormans, Dr. Esther Ignagni, and Re-imagining Parenting Possibilities	Room 2010
	<i>Caring for Children & Youth New to Canada: Resources and considerations for health providers and trainees</i> Dr. Andrea Hunter	Room 2036
	<i>LGBT Seniors Health Needs</i> Dick Moore	Room 2007
	<i>Understanding and Delivering Harm Reduction in the Inner City</i> Dr. Lori Regenstreif	Room 2018
12:20	Lunch	2nd Floor Hallway
13:20	Workshop 2	
	<i>Why Canada Needs National Pharmacare Now</i> Dr. Ritika Goel	Room 2035
	<i>How to write effective opinion pieces and communicate health information to the public</i> Dr. Matthew Stanbrook	Room 2008
	<i>Re-imaging Parenting Possibilities</i> Dr. Ann Fudge Schormans, Dr. Esther Ignagni, and Re-imagining Parenting Possibilities	Room 2010
	<i>Caring for Children & Youth New to Canada: Resources and considerations for health providers and trainees</i> Dr. Andrea Hunter	Room 2036
	<i>LGBT Seniors Health Needs</i> Dick Moore	Room 2007
	<i>Understanding and Delivering Harm Reduction in the Inner City</i> Dr. Lori Regenstreif	Room 2018
14:20	Nutrition Break	
14:40	Keynote Speaker: Shanaaz Gokool	Auditorium (Room 2032)
15:40	Closing Remarks	Auditorium Room (Room 2032)

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Contact Information

Co-Chairs: Laura Chu, Savannah Silva and Yen Foong

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Letter from the Co-Chairs

Dear Attendee,

Welcome to the Third Annual McMaster Health Advocacy Symposium!

The McMaster Health Advocacy Symposium was founded three years ago. Since the inaugural event, this event has grown into a day that has inspired hundreds of bright future healthcare providers from several Canadian universities, giving an entirely new perspective on their future careers. We are thrilled to continue on with the aim of building capacity and momentum for health advocacy amongst all of you.

This event also aims to stimulate interdisciplinary dialogue between those who will be working in health care, policy, and research and towards greater equity and health outcomes for all. Please take this opportunity to meet each other, network, and share ideas, and work toward future collaborations to advance health!

The Third Annual McMaster Health Advocacy Symposium will bring together past and future interdisciplinary experts to stimulate dialogue about health advocacy in an incredible and unique environment. This is an opportunity to explore and develop skills necessary for effective advocacy, learn from the challenges and successes of our outstanding panel of health advocates, and consider some of the most important issues in Canadian healthcare. Engage, ask questions, and dig deeper today as you reflect on the amazing opportunities that await you.

Above all, we hope that your interactions with both speakers and colleagues today will inspire you to pursue future roles as health advocates, for individual patients and beyond at the community, institutional, societal, and global levels.

We look forward to meeting you! Have a wonderful day!

Sincerely,

Laura Chu, Savannah Silva and Yen Foong
Co-Chairs, McMaster Health Advocacy Symposium 2016

Keynotes

Building a Framework for Health Provider Action on Poverty and other Social Determinants of Health: From individual action to population advocacy

10h00 in Auditorium (Room 2032)

Abstract: Health providers can directly impact on poverty and other social issues, through individual patient care, through the structure of their health teams, and through higher level advocacy. Dr. Bloch will discuss lessons learned from the evolution of a multi-layered approach to health provider interventions into the social determinants of health. He will also discuss some of the specific interventions and approaches he has helped to create.

This approach to reducing the health impacts of social illness has emanated from work in Toronto, but has been emulated across the country and beyond.

Dr. Gary Bloch

MD; Founder and Chair of the Ontario College of Family Physicians' Committee on Poverty and Health; Founding Member of Health Providers Against Poverty

Dr. Gary Bloch is a family physician with St. Michael's Hospital in Toronto, and co-Chair of the OCFP's Committee on Poverty and Health. His clinical, education, program development, and research interests focus on the intersection between poverty and health, and specifically on what primary care providers can do to address poverty as a health issue. Dr. Bloch is an Assistant Professor at the University of Toronto and a founding member of the advocacy group Health Providers Against Poverty and of Inner City Health Associates, a group of physicians who work with the homeless across Toronto. He has developed curriculum for medical students, residents and practicing physicians on poverty interventions. He has also been heavily involved in the creation and evaluation of health team interventions into the social factors that impact health. He is frequently asked to speak on these topics, to health provider and public audiences. His work has been featured in the Toronto Star, the Globe and Mail, the CBC, and other media outlets.



Keynotes

Physician Assisted Dying: What you need to know about Canada's new law

14h40 in Auditorium (Room 2032)

Abstract: Earlier this year, physician assisted dying was legalized in Canada, marking a substantial cultural shift in human rights and healthcare. In her presentation, CEO Shanaaz Gokool will review the many questions that have arisen now that medical assistance in dying (MAID) is a legal option in Canada. She will explore what this option means for the future of healthcare and patient rights, as well as the critical gaps and opportunities on the assisted dying file.

Shanaaz Gokool

CEO, Dying With Dignity Canada; Former Chair of Amnesty International Toronto Organization (AITO)

Shanaaz Gokool is the CEO of Dying With Dignity Canada. She is a life-long human rights activist and began her campaigning career in Nova Scotia in the 1980s where she worked on promoting racial equality and inclusion. She has led numerous human rights grassroots initiatives in the Greater Toronto area, and was the Chair of Amnesty International Toronto Organization (AITO) between 2009 and 2014. She is an active member of the Amnesty International Speaker's Bureau and has been a public spokesperson on a number of issues including Guantanamo Bay, Omar Khadr, child soldiers and the arms trade. She also led a successful initiative to have former mayor, David Miller declare that Toronto is a "City for Life- a City Against the Death Penalty". Shanaaz has held leadership roles in both the private and not-for-profit sectors. She has worked for Amnesty International, The Association in Defence of the Wrongly Convicted and Leadnow.ca. She holds undergraduate degrees in political science and human rights and equity studies. She also has a certificate in volunteer management and fundraising.



Workshops

Caring for Children & Youth New to Canada: Resources and considerations for health providers and trainees

11h20 & 13h20 in Room 2036

Abstract: Considerable health disparities exist between children and youth new to Canada and their Canadian-born peers. This workshop will introduce the changing demographics of our newcomer population in Hamilton, and encourage participants to explore the unique needs of refugee and immigrant families through case studies and interactive discussion. A peer-reviewed web resource developed for health professionals by the Canadian Pediatric Society will be highlighted along with local services and resources that support newcomer families.

Dr. Andrea Hunter

MD; FRCP; FAAP; Diploma in Tropical Medicine & Hygiene

Dr. Andrea Hunter is an Associate Professor of Pediatrics at McMaster University and a Consultant General Pediatrician at McMaster Children's Hospital and St. Joseph's Healthcare, Hamilton. She also works in a number of community settings, including a newcomer health clinic and the Shelter Health Network. She has been involved in coordinating community-based pediatric refugee/immigrant health clinics in Hamilton since 2004, and is an editor and task force member for Caring for Kids New to Canada, a Canadian Pediatric Society peer-reviewed guide to health professionals working with immigrant and refugee children and youth. Internationally, she is Co-External Program Director for a pediatric residency program at the University of Guyana and has been involved in ongoing pediatric education programs in Uganda. She has extensive involvement in preparing medical students and residents for global health electives, as well as curriculum design experience in newcomer child health and social pediatrics.



Workshops

How to write effective opinion pieces and communicate health information to the public

11h20 & 13h20 in 2008

Abstract: Health professionals are privileged to have the opportunity and responsibility to be powerful advocates for health issues. We also serve an essential function as translators of medical information to the general public by providing expert perspectives that journalists and other lay people may lack. Enacting these roles effectively requires a distinctly different approach and skill set from other types of health communication such as writing research papers. This interactive workshop will provide attendees with a practical introduction to key elements of writing opinion pieces and communicating about health issues to a lay audience. Come prepared with ideas, opinions and questions!

Dr. Matthew Stanbrook

MD, PhD; Deputy Editor, Scientific for the Canadian Medical Association Journal (CMAJ)

Dr. Matthew Stanbrook is Deputy Editor of the Canadian Medical Association Journal (CMAJ) and Associate Professor of Medicine at the University of Toronto. As part of CMAJ's Editorial-Writing Group, he has written or co-authored over 100 editorials, many of which have influenced public debate and health policy. He is also a Medical Columnist for CBC Radio, is regularly interviewed for print, radio and television media, and actively presents health issues to the public through podcasts, blogs and social media.



Workshops

Why Canada Needs National Pharmacare Now

11h20 & 13h20 in Room 2035

Abstract: Did you know that an estimated 1 in 4 Canadians have gone without filling a prescription due to cost? Today, chronic diseases are the main medical cause of morbidity and mortality, and medications are often the main intervention we have at our disposal. However, in our publicly funded health care system, medications that are covered while a patient is in hospital are no longer covered when the patient goes home. Doctors' visits are covered, but the medications they recommend are not. This is unacceptable, but there is a way to do things better. We know that instituting a national pharmacare program in Canada in which medications are covered under our public plan would be fairer, improve health outcomes, and actually save us money. Come learn why Canada needs National Pharmacare now, and how you can get involved in making this a reality!

Dr. Ritika Goel

MD; Lead Family Physician at Toronto Inner City Family Health Team (ICFHT); former Population Health Leader for ICHA

Ritika Goel is a family physician in Toronto working at Queen West Community Health Centre, Sistering Women's Drop In and the FCJ Refugee Centre. Her clinical work is with people who are homeless or underhoused, as well as migrants who are uninsured. She has a Master of Public Health from Johns Hopkins School of Public Health and is a lecturer in the Department of Family and Community Medicine at the University of Toronto. Ritika has been involved in various social justice causes including issues pertaining to medicare, poverty and immigration. She is a board member of Canadian Doctors for Medicare, co-chair of the Ontario College of Family Physicians' Poverty and Health Committee and an organizer with the OHIP For All campaign.



Workshops

Re-imagining Parenting Possibilities: A forum theatre workshop

11h20 & 13h20 in Room 2010

Abstract: People labeled with intellectual and developmental disability (ID/DD) consider parenthood in the shadows of eugenics. The historical segregation, containment and elimination of the reproductive rights of people so labeled have disrupted ties of kinship, family and parenting. In our contemporary moment, parenting possibilities for people with ID/DD are little improved. A range of medical, political and social practices – newgenics – that encompass not only biological and medical interventions, but also systemic gaps and barriers to education, services, policy and supports, continue to restrict sexuality, reproduction and parenting by people labeled ID/DD.

In this workshop, members of the Re-imagining Parenting Possibilities Self-advocate Working Group will lead participants through a forum theatre scene intended to trouble the boundary separating those who are permitted to be parents from those who are not; and to call into questions the ways in which health care providers respond to ‘parenting’ and ‘intellectual/developmental disability’. We will perform interwoven parenting stories we have collected from others labeled with ID/DD. We will invite workshop participants to take part, to enter into and change the course of the scene. And, by doing so, to engage in discussions that in imagining different possibilities, work to re-imagine parenting.

Dr. Ann Fudge Schormans

PhD, Factor-Inwentash Faculty of Social Work; Associate Professor, McMaster University

Ann Fudge Schormans is an Associate Professor in the School of Social Work at McMaster University. A practicing social work for many years, she worked with people with intellectual disabilities in the Community Living and Child Welfare sectors. This practice background, combined with ongoing activist work informs her teaching and research. Employing inclusive, co-researcher methodologies and knowledge production, along with arts-informed methods, current research projects include explorations into the use of city space by people labeled with intellectual disabilities (GPS/GIS and iPad technologies, drama, documentary); parenting experiences and aspirations of people with intellectual disabilities; intimate citizenship and intellectual disability; friendships and social inclusion of youth with intellectual disabilities; and the intersection of intellectual disability with education, employment and experiences of homelessness. A collaborative research project between Social Work and the Humanities is exploring the use of storytelling and poetry in social science research.



Workshops

Dr. Esther Ignagni

MSc & PhD, University of Toronto; Associate Professor, School of Disability Studies, Ryerson University; Visiting Research Fellow, Manchester Metropolitan University

Dr. Esther Ignagni is an associate professor at Ryerson University's School of Disability Studies, drawing from more than 25 years of life, work, and academic experiences with disability to inform her role. Prior to obtaining a PhD in Public Health Sciences at the University of Toronto, she also worked across a variety of community, activist, and clinical settings. Her research interests centre on how private lives are intertwined with public institutions and cultures that assume and demand 'able' bodies and minds. Her work explores how people create families, parent children, exercise reproductive rights and implement justice within contexts shaped by dis/ableist and eugenic legacies. Dr. Ignagni is committed to the deployment of disability aesthetics, forum theatre, and design fiction to re-imagine disabled/mad/deaf/sick selves, bodies, communities, and worlds as vital and valuable. Her research and scholarly ethic is participatory, such that she tries to work closely with the public to generate and disseminate new knowledge through co-production and other collaborative approaches. As part of this effort, she uses the arts whenever possible in order to make university research more accessible and to engage a broader array of audiences.



Re-imagining Parenting Possibilities

Re-imagining Parenting Possibilities is an Ontario-wide community-based, participatory research initiative that employs qualitative, arts-informed methods and interpretive analysis. Using a co-researcher model, the project begins with the experience of disability to re-imagine what we think of as parenting, kinship, care and reproductive justice in non-normative and inclusive ways. Acknowledging the ways in which 'intellectual disability', 'developmental disability' and 'parenting/parenthood' are culturally constructed and socially, economically, and politically mediated, the project moves beyond a phenomenological account towards a critical interpretation. Our scenes allow for the revelation of multiple experiences and meanings of disability and parenting/parenthood. The project strives to be participative, reflexive and potentially transformative.

Workshops

LGBT Seniors and Health Needs

11h20 & 13h20 in Room 2007

Abstract: Lesbian, gay, bisexual and transgender (LGBT) seniors grew up in an era when it was a criminal offense to be LGBT. Institutionalized homophobia, heterosexism and cisgenderism have had their effect on this vulnerable and aging population. This workshop aims to provide an overview of LGBT history, language, and the impact of criminalization, oppression and aging in LGBT communities. The session addresses their challenges growing up in an era when it was criminal to be LGBT, the experiences of LGBT seniors navigating the health care system, and the lack of inclusive services for senior LGBT. We will also discuss HIV and aging with long-term use of HAART, palliative care, and senior LGBT persons in long-term care homes. You will learn to provide clinically and culturally competent healthcare for LGBT seniors through didactic material, videos, and interactive case scenarios including the use of inclusive language when working with LGBT seniors.

Dick Moore

Director of Senior Services of the Toronto Family Service; Director of the Older Adult Centre at St. Christopher House

Dick Moore has worked for 30 years with retired people and their families, including nine years as Director of Senior Services of the Toronto Family Service and five years as Director of the Older Adult Centre at St. Christopher House.

From 2003 to his retirement in 2010, he worked toward better understanding between LGBTQ and straight communities as the Coordinator of the Older LGBTQ Program at the 519 Church Street Community Centre.

Dick worked with the Home and Services for the Aged Division of Toronto to develop a toolkit for making long term care friendly and accessible for LGBTQ people. He continues as a freelance trainer and consultant on LGBTQ access with home care agencies and long term care homes. In 2012, Dick worked with SPRINT Senior Care to develop a toolkit for queer-friendly community support services.

Dick currently works with the Senior Citizens Advisory Committee of the City of Port Colborne and on a community advisory committee on research into the needs and concerns of older LGBTQ citizens of the Niagara region.



Workshops

Understanding and Delivering Harm Reduction in the Inner City

11h20 & 13h20 in Room 2018

Abstract: Substance abuse and addiction are common determinants of ill health. Substance abuse of alcohol and other drugs - both prescription and illicit - can lead to severe medical complications. All health care providers can expect to encounter addiction-related pathology in their medical practices and should feel prepared to establish therapeutic relationships with patients presenting with these challenging issues. As well, doctors are well positioned to advocate and expand our repertoire of treatment strategies, incorporating a harm reduction approach into therapy at many points in the continuum of care.

In this workshop, you will learn to define and diagnose addiction, define the role of childhood adversity as a social determinant of mental health and addiction, define harm reduction, its goals, and the scope of its strategies, and learn of current active harm reduction programs in Hamilton.

Dr. Lori Regenstreif

Assistant Adjunct Clinical Professor, Department of Family Medicine, McMaster University;
Primary Care Physician for the Shelter Health Network

Dr. Lori Regenstreif works in the Hamilton inner city with individuals experiencing homelessness, mental illness, addiction and incarceration. After graduating from the University of Toronto medical school and completing a Rural Family Medicine Residency program, Dr. Regenstreif spent eight years working in rural and remote settings until she came into Hamilton in 2004. She then co-founded the Shelter Health Network in 2006 and The Hamilton Clinic Outpatient Addiction Clinic in 2010.

As someone who believes that the patients who need the most help are those that are least able to express it, Dr. Regenstreif provides primary care and mental health and addiction care in the Hamilton Inner City and at the Hamilton-Wentworth Detention centre.



Acknowledgments

- Our exemplary Speakers and Workshop Leaders
- Dr. Tim O'Shea (Symposium Faculty Advisor)
- Dr. Rob Whyte (Assistant Dean, UGME, McMaster)
- Cathy Oudshoorn (Program Manager, UGME, McMaster)
- Jan Paci (Administrative Assistant, MD Program)
- Tim Scarth (Logo & Poster Design)
- Doreen Reeve (Electives Coordinator, UGME, McMaster)
- Elizabeth Lovell (MISC Co-Chair)
- Margaret Shkimba and Linda Bondy (PIPER)
- Samantha Barr (Building Administration, David Braley Health Science Centre)
- Our classmates & colleagues: Gaibrie Stephen (Class of 2017), Regina Li (Class of 2018), Pauline Chang (Class of 2018), Natalie Sorfazlian (Class of 2018), Sophie Kloppenburg (Class of 2018), Toni Mihaylova (Class of 2017), Megan Schlorff (Class of 2018), Tiandra Ceyhan (Class of 2018), Mary Gaudet (Class of 2017)

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