



# DELIVERING RESEARCH THAT MATTERS

*2023 Impact Report: New Brunswick\**

March 31, 2024



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\*April 1, 2023 - December 31, 2023





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## EXECUTIVE SUMMARY

This report highlights the impact of health research projects led by or supported by the Maritime SPOR SUPPORT Unit (MSSU) on the people living in New Brunswick (NB) and demonstrates their alignment with New Brunswick Department of Health's priorities.

Between April 1, 2023 and December 31, 2023, 101 health research studies were actively pursued across New Brunswick, marking a significant endeavor to confront and mitigate the health challenges prevalent in our communities. Many of these projects were directly aligned with the provincial health priorities, reflecting our commitment to leveraging research as a cornerstone for enhancing the health and wellbeing of New Brunswickers.

Through a focused lens on critical areas such as primary care, mental health, and healthcare access, these initiatives are not only tailored to the unique needs of New Brunswick's population but also resonate with broader health care challenges that permeate systems across Canada.



## ABOUT THE MARITIME SPOR SUPPORT UNIT

The Maritime SPOR SUPPORT Unit (MSSU) is at the forefront of integrating patients into health research in the Maritimes. Established in 2013 and uniquely serving New Brunswick, Nova Scotia, and Prince Edward Island, the MSSU is a collaborative effort dedicated to patient-oriented research that addresses the health priorities of the Maritime provinces. Supported by the Canadian Institutes of Health Research (CIHR) and the provincial governments, the MSSU works alongside patients, caregivers, researchers, healthcare providers, and policymakers. Through its five sites across the Maritimes, the MSSU offers support in research methods, knowledge translation, patient engagement, and access to comprehensive data services. Annually, the MSSU addresses around 400 requests for support, underscoring its vital role in advancing healthcare research and policy. For further details, visit our [website](#).



"I am so appreciative of the MSSU's support of my postdoctoral research. This award is especially meaningful to me because it funds research aimed at having a direct benefit on the ground by lessening barriers to Patient Partner compensation and ensuring greater equity, diversity, and inclusion. I am thankful for the MSSU for helping to fund research into how best to create change on this front."

*Kathryn Asher,  
2022 Trainee Support Program recipient  
University of New Brunswick*

## AT A GLANCE

In 2023, New Brunswick teams provided 28 data platforms and services consults, seven methods support consults, five evidence synthesis consults, and five patient engagement consults.



**82**

### Knowledge Exchange Activities

**51** knowledge transfer events

**8** public presentations

**23** conference presentations



**33**

### Knowledge Translation Products

**23** shared with health system leadership

**10** published in peer reviewed journals



**35**

### MSSU Scientists

33 Associate, 2 Affiliate



**19**

### Capacity Development Sessions

There are 24 staff working in New Brunswick who are strategically positioned within Vitalite Health Network (Moncton), Horizon Health (Saint John) and New Brunswick Institute for Research, Data and Training (NB-IRDT) in Fredericton.



**\$110,000**

### Awarded to Trainees

3 PhD, 2 Masters

# New Brunswick Provincial Health Priorities



Primary Care



Surgical



Health System



Transportation



Human Health Resources



Mental Health



Rural Health



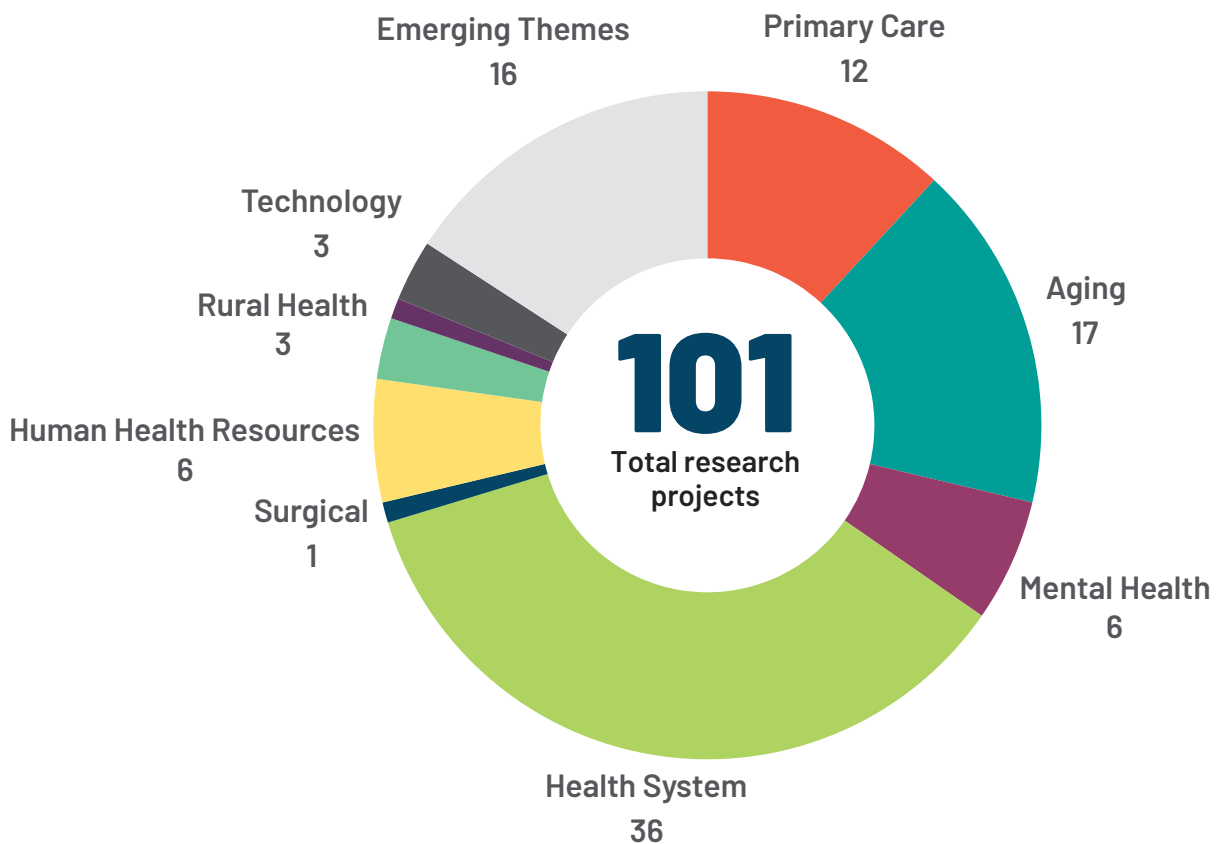
Aging



Technology

\*Priorities have been identified by the New Brunswick Government Department of Health

**84%** of all MSSU-supported or led projects in New Brunswick align with at least one provincial priority.



All data is from April 1, 2023- December 31, 2023

# Mapping research to New Brunswick health priorities

Healthy Families, Healthy Babies Program Impact



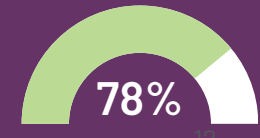
Strategic Planning in a Health Network Setting: A Review of Best Practices



The Endless Waiting Game (FASD)

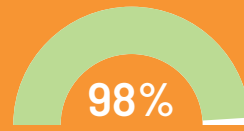


32 Total Research Projects



Moncton

46 Total Research Projects



Fredericton



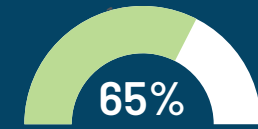
Impacts of Flooding on Mental Health

Evaluation of Quality Improvements to Telehealth for Rural Oncology Patients



Saint John

23 Total Research Projects



Hospital to Home Pharmacy Project

\* Radial graphs represent percentage of total projects that align with a provincial priority.

# Research Snapshot



## Priorities Addressed



Primary Care

## Project Title

The Endless Waiting Game: A Patient-Researcher co-led qualitative study on New Brunswick youths' experiences seeking a Fetal Alcohol Spectrum Disorder (FASD) referral

## Overview

Understanding youths' pre-referral experiences can enhance New Brunswick's FASD referral system. By analyzing their journey through the healthcare system before reaching the NB FASD Centre of Excellence, the team aims to identify key patterns and impacts—physical, mental, social, and financial—on their path to diagnosis.

## Key Impacts / Outcomes



New insights for clinicians and healthcare policy



Improve referral system



Better patient diagnosis rates

## Project Status



In Progress

## Project Site



Vitalite Health, Moncton



# Research Snapshot



## Priorities Addressed



**Mental Health**

## Project Title

The Impacts of Flooding Events on Mental Health in New Brunswick

## Overview

By analyzing data across multiple departments, the study enhances understanding of mental health service needs post-flooding and facilitates crucial interdepartmental conversations. This collaborative effort seeks to ensure comprehensive support and prevention of adverse mental health outcomes following flood exposure.

## Key Impacts / Outcomes



Guidance for targeted supports



Identification of vulnerable sub-groups



Improve interdepartmental collaboration

## Project Status



Complete

## Project Site



Horizon Health, Fredericton

# Research Snapshot



## Priorities Addressed



Health System

## Project Title

Impact of the Healthy Families Healthy Babies Public Health Program on Short- and Longer-term outcomes in Children and their families in New Brunswick

## Overview

Assessing the program's effectiveness, particularly in encouraging breastfeeding and impacting child development up to preschool age, will ensure it serves the needs of families, especially those vulnerable and new to parenting. Positive effects on breastfeeding were noted, improvements in child development by 18 months or in preschool were not observed.

## Key Impacts / Outcomes



New evidence to inform decision-making



Improve program and delivery modifications



Better support for first-time parents

## Project Status



Complete

## Project Site



Horizon Health, Fredericton

# Research Snapshot



## Priorities Addressed



**Rural Health**



**Technology**

## Project Title

Evaluation of Quality Improvements to Telehealth for Rural Oncology Patients at the Dr. Everett Chalmers Regional Hospital (DECRH)

## Overview

Using both qualitative and quantitative analyses, and interviews, this study assessed the impact of recent changes to telehealth against baseline data, focusing on their effectiveness in meeting rural oncology patients and healthcare providers' needs. Findings from this study will guide further adjustments to the telehealth program, ensuring it more effectively serves rural patients.

## Key Impacts / Outcomes



Enhance patient care and treatment adherence



Improve patient satisfaction



Database to track health results and feedback from patients

## Project Status



Complete

## Project Site



Horizon Health, Saint John

# Research Snapshot



## Priorities Addressed



Aging

## Project Title

Hospital to Home Pharmacy Project

## Overview

This research, part of a Healthy Seniors Pilot Project, aimed to educate seniors on managing their medications effectively, enhance pharmacist interactions, and ensure smooth care transitions from hospital to community pharmacies, improving medication adherence and reducing harm.

## Key Impacts / Outcomes



Enhance patient self-medication management



Improve continuity of care



Reduce health care system barriers

## Project Status



Ongoing

## Project Site



Horizon Health, Saint John

# Research Snapshot



## Priorities Addressed



Health System

## Project Title

Strategic Planning in a Health Network Setting: A Review of Best Practices

## Overview

Optimal strategic planning with a standardized approach based on best practices, the use of analytical tools and the integration of population data will ensure the forecasting of needs, the development and maintenance of optimal health care and services for our population.

## Key Impacts / Outcomes



Future healthcare needs are met



Evidence-based policy and service development



Stronger partnership with MSSU

## Project Status



Complete

## Project Site



Vitalite Health, Moncton



# MSSU USSM

[www.mssu.ca](http://www.mssu.ca)

