

# CSCN Newsletter

Fall 2016

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***CSCN vision:**  
To mobilize the  
healthcare community  
to adopt an integrated  
approach towards  
improving outcomes  
and treatment of  
patients with OSA*

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## The CSCN is one year old!

On October 1st 2015, the Canadian Sleep and Circadian Network (CSCN) was officially born. The Network brings together 33 investigators from 19 Canadian universities coast to coast. Its **vision** is to mobilize the healthcare community to adopt an integrated approach towards improving outcomes and treatment of patients with obstructive sleep apnea (OSA). Its **priority** is to reduce adverse outcomes associated with OSA and to provide better treatments for OSA patients in Canada. The CSCN **strengths** come from the assemblage of key elements: strong multicentre research, training and career development in sleep medicine, knowledge mobilization, stakeholder involvement, guidance from an international scientific panel and integration of patients' expertise at every level of the Network (see portrait on page 3).

From the start there was much work to do to create and implement the network. Every single aspect of this endeavour had to be developed carefully, taking into account the needs of stakeholders. Fortunately, a lot of progress has been made and the CSCN can now "stand on its feet," able to face the many research challenges that lie ahead.

## Progress report

During our first year, we established the governance and operations **committees** (see pages 3 and 4): the leadership committee, the 4 project committees, the training committee, the knowledge mobilization committee and the international scientific advisory committee (ISAC). Members of the committees have had several meetings and are working on completing their respective annual objectives.

One of the first tasks of the **knowledge mobilization committee** was to establish the **Stakeholder Alliance** composed of single-representatives from professional/scientific groups, provincial/federal government agencies, private companies and patient associations. The Alliance has had 2 meetings already. The terms of reference for CSCN were developed and approved. The terms of references for both the International Science Advisory Committee (ISAC) and the Stakeholder Alliance were also established.

The **patient engagement** process has started. Interested patients (or parents of pediatric patients) have been identified. A contract and action plan was established with the Centre of excellence on Partnership with Patients and the Public (CPPP: Université de Montréal) which will conduct a series of training sessions for patients, as well as for clinicians and researchers.

## Progress report (continued)

After going through different steps (ethics approval, infrastructure, standardization between sites, etc.), the **4 initial research projects** are now underway.

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*The 4 research projects constituting the initial proposal are now underway!*

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The **training committee** awarded the first series of CSCN Travel Awards for trainees to attend the 2016 Gordon Research Conference in March. It is also working on a Trainee Workshop, which will be integrated with the CSS-SRS event. Also on the workbench are a Multi-site Mentorship Program and a Sleep Medicine Fellowship Program. Application details and dates for these programs will be announced on the Newsletter.

The **Sleep Research Biobank** is a vital platform of the CSCN. It was already in existence in Montreal (2013) but a series of documents were produced to regulate, organize and facilitate the reception of biological samples for collaborating sites within the CSCN. The first samples from CSCN Project 1 have arrived!

A new bilingual website was designed and is now online. Please visit at: [www.cscnweb.ca](http://www.cscnweb.ca)

## Events of the past year

Five trainees were granted a **CSCN Travel Award** to attend the 2016 Gordon Research Conference (March 13-18, 2016) in Galveston (Texas):

- Emma O'Callaghan (Université de Montréal)
- Gabrielle Thibault-Messier (University of Toronto)
- Hanieh Toossi (McGill University)
- Jimmy Fraise (University of Toronto)
- Kari Lustig (Brock University)

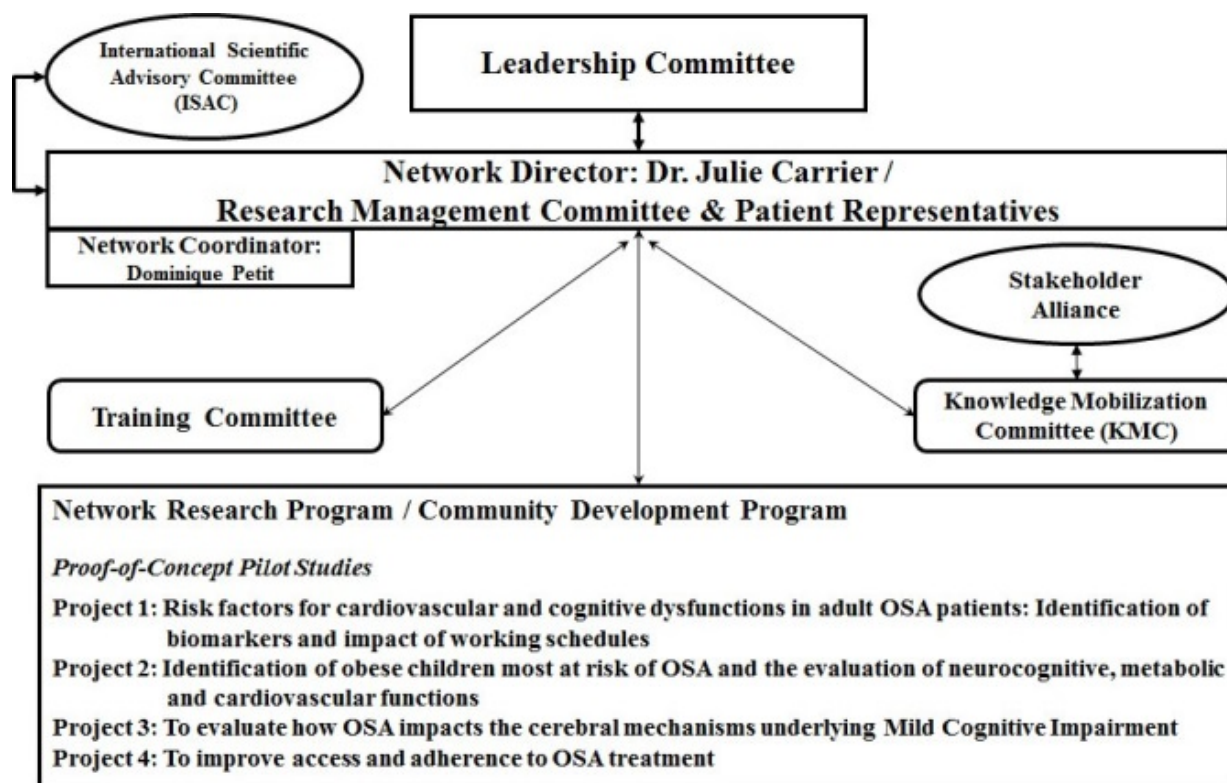
A group of CSCN investigators participated in an International **Biomarkers Symposium** on June 11, 2016 in Denver.

The **Great Canadian Sleep Walk** organized by the Canadian Sleep Society on Saturday, August 20, 2016 was a big success! Four Canadian cities (Halifax, Montreal, Niagara and Quebec City) for a total of 116 sleepwalkers participated. The event's goal was to raise awareness about the importance of healthy sleep.



**The Great Canadian Sleep Walk  
(Montreal group)**

## Governance and Management Structure of the CSCN



## Committee membership

### Leadership Committee

Chair: Julie Carrier

Other members:

- Najib Ayas
- Pat Hanly
- Indra Narang
- John Peever
- Sachin Pendharkar
- Rob Skomro

### International Scientific Advisory Committee

Members:

- Ron Grunstein
- Ralph Lydic
- Ruth O'Hara
- Allan Pack
- Sanjay Patel

### Knowledge Mobilization Committee

Chairs: Robert Skomro and Célyne Bastien

Other members:

- Fernanda Almeida
- Julie Carrier
- Penny Corkum
- Kimberly Cote
- Stuart Fogel
- Samir Gupta
- Andrea Loewen
- Charles Morin
- Margaret Rajda
- Manisha Witmans

### Training Committee

Chairs: John Peever and Patrick Hanly

Other members:

- Célyne Bastien
- Julie Carrier
- Thanh Dang-Vu
- Kristin Fraser
- Richard Horner
- Samuel Laventure
- Valérie Mongrain
- Ben Rusak
- Kevin Vézina
- Shelly Weiss

## Committee membership (continued)

### Project 1

Chair: Najib Ayas

Other members:

- John Fleetham
- Pat Hanly
- Tami Martino
- Clodagh Ryan
- Frédéric Sériès
- Rob Skomro
- Eric Smith
- Simon Warby

### Project 3

Chairs: Nadia Gosselin and Dominique Lorrain

Other members:

- Marcel Alexander Baltzan
- Julie Carrier
- Thanh Dang-Vu
- Jean-François Gagnon
- Jacques Montplaisir
- Dominique Petit
- Ron Postuma

### Project 2

Chairs: Indra Narang and Sherri Katz

Other members:

- Adetayo Adeleye
- Suhail Al-Saleh
- Jean-Philippe Chaput
- Evelyn Constantin
- Reut Gruber
- Joanna MacLean
- Clodagh Ryan
- Manisha Witmans

### Project 4

Chair: Sachin Pendharkar

Other members:

- Fernanda Almeida
- Najib Ayas
- Nick Bansback
- Nelly Huynh
- Mark Fenton
- Marcus Povitz

## Upcoming events:

### 2017

**April 28-30:** Canadian Sleep Society Meeting in Calgary

**April 28-30:** First CSCN Trainee Workshop (exact date to be determined)

**June 3-7:** SLEEP 2017



Your input is valuable to us.

Please send us your comments about the newsletter, or ideas for network activities.

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