

CSCN Newsletter



Summer-Fall 2018

Word of the CSCN coordinator

The very hot 2018 summer is coming to an end. We have a lot to tell you since (this time) we are combining the Summer and Fall issues into one.

Dominique Petit

Progress report

Knowledge Mobilization: Partners for the national campaign on the importance of sleep and on solutions for sleep disorders have had their first official meeting. Representatives from CSCN, Canadian Sleep Society, Fondation Sommeil, Wake-Up Narcolepsy Canada and World Sleep Societies met together with communication and knowledge transfer companies (Extension 360, MediAlliance and Immerscience) to plan and start the "Sleep on it" campaign. We are still looking for sponsors to make this campaign a true success.

A knowledge mobilization project that was part of the CSCN program is Better Nights, Better Days for Children with Residual Insomnia after OSA Treatment. This project is jointly funded by the CSCN, the Nova Scotia Health Research Foundation, and the "Fondation les petits trésors de l'Hôpital Rivière-des-Prairies". The 4 goals of this project are to: 1) write a review of the literature on insomnia as a residual symptom after treatment of OSA in children; 2) develop an online session on OSA and insomnia to add to our existing Better Nights, Better Days eHealth intervention, 3) conduct a usability and pilot study to test out this intervention and to determine if any changes are required; and 4) test the effectiveness of the intervention in treating residual insomnia symptoms in children with treated OSA. Progress: 1) The literature review is now completed; 2) The session has been successfully created and is now operational alongside the existing sessions for the Better Nights, Better Days intervention. The content is based on both a literature review and input from pediatric OSA experts. It includes text, videos, and interactive activities. Parents first learn about OSA and why treating residual insomnia is important, then they take part in an eHealth intervention for insomnia which includes psychoeducation, building healthy sleep habits, and implementing specific behavioural interventions; and 3) Recruitment for the Usability and Pilot study is underway. If you know anyone who could benefit from this program, they can email bnbdosa@dal.ca for more information.



The Better Nights, Better Days (BDBN) Team - From left to right: Reut Gruber, Robyn Stremmer, Christine Chambers, **Manisha Witmans**, Graham Reid, **Penny Corkum**, **Roger Godbout**, Shelly Weiss, & Wendy Hall
(team members whose names are in bold are the lead researchers on **BNBD-OSA**)

Progress report... continued

Training: The needs assessment for the professional training program is continuing to move forward. Focus groups with different parties (stakeholders, clinicians and students) have taken place and a questionnaire to be administered to the trainees has been developed. We just sent invitations to the CSCN trainees to kindly complete the 30-min questionnaire to assess their professional training needs. A Trainee Day is being organized for the World Sleep Societies Meeting (Vancouver 2019) by Samuel Laventure and Kevin Vézina.

A two-year CSCN Canadian Sleep Medicine Fellowship has just been awarded to Dr. Aditi Shah. Congratulations! Dr. Shah will be working on the Chronic Obstructive Pulmonary Disorder (COPD), Obstructive Sleep Apnea (OSA) and the COPD/OSA overlap syndrome, assessing a potential mechanism (systemic inflammation) by which the COPD/OSA overlap syndrome may contribute to long term adverse outcomes. She will also analyze data from the Western Australia Sleep Health Study Cohort and from the prospective Canadian Cohort of Obstructive Lung Disease Study.

A one-year CSCN Canadian Sleep Medicine Fellowship has just been awarded to Dr. Jody Platt. Congratulations! Dr. Platt will be working on a study entitled: Does polysomnogram in patients with tracheostomy predict severity of obstructive sleep apnea after decannulation?

Project 1: And then they were six! Yes, 6 sites are now part of the Project 1 (Dr. Najib Ayas in Vancouver; Dr. Patrick Hanly in Calgary; Dr. Robert Skomro in Saskatoon; Dr. John Kimoff in Montreal; Dr. Frédéric Sériès in Quebec City and now Dr. Rébecca Robillard in Ottawa). Some preliminary results have been presented at SLEEP 2018 in Baltimore and some will soon be presented at ESRS 2018.

Project 2: The 2 original sites (Dr. Indra Narang in Toronto; Dr. Sherri Katz in Ottawa) are now recruiting more actively. They have also set up a separate pediatric advisory panel to discuss recruitment strategy.

Project 3: has started enrollment of elderly participants for the sleep lab study (sleep markers of cognitive decline in OSA and non-OSA individuals). Sleep data in 3 existing cohorts on aging: 1) Subjective sleep data from the Canadian Longitudinal study on Aging are being analyzed; 2) Approval was just received to start analyzing the sleep data of the Consortium for the early Identification of Alzheimer's Disease-Quebec; and 3) an agreement has been reached with the Canadian Consortium of Neurodegenerative Aging to study the subjective sleep data in this huge cohort.

Two reviews have been accepted for publication: 1-Obstructive Sleep Apnea and the Risk of Cognitive Decline in Older Adults (Gosselin et al.) in American Journal of Respiratory and Critical Care Medicine; and 2-Biomarkers of dementia in obstructive sleep apnea (Baril et al.) in Sleep Medicine Reviews.

Three CSCN Project 3 scholarships were just awarded:



Jihoon Lim: doctoral student
Project Title: Sleep Disorders and Progression of Cognitive Impairment in an Aging Population (CLSA cohort)
Supervisors: Christina Wolfson (McGill University), Nadia Gosselin (Université de Montréal) and Ron Postuma (McGill University)



Dylan Smith: postdoctoral student
Project Title: The effect of sleep quality on cognitive decline across the lifespan (Cambridge Brain Sciences cohort)
Supervisors: Stuart Fogel (University of Ottawa), Adrien Owen (Western University) and Julie Carrier (Université de Montréal)



Nathan Cross: postdoctoral student
Project Title: Insomnia disorder in older adults and cognitive function: analysis of the Canadian Longitudinal Study on Aging
Supervisors: Thanh Dang-Vu (Concordia University) and Nadia Gosselin (Université de Montréal)

Progress report... continued

Project 4: The 2 founding projects are progressing according to schedule. Moreover, the new survey is being uploaded to a platform and Project 4 members will go to a market research firm. The goal is to reach up to 1000 OSA patients to take the survey on access to care and treatment costs.

Partnership with patients: The Centre of Excellence for Partnership with Patients and the Public (CEPPP) is currently reaching out to our patients-partners to hear about their experience in their respective CSCN committees and offer coaching. A closer support for a successful partnership will also be offered to the researchers/clinicians on the various committees.

Publication Advisory Committee: The CSCN has a new committee! Because the CSCN has entered the phase of publishing the results of the various projects involving many sites, researchers and sub-studies, we needed to create a publications policy. The purpose of the policy is to encourage high quality publications and to provide guidelines that ensure appropriate use of the Canadian Sleep and Circadian Network (CSCN) data and resources, prevent duplication or overlap of publications, facilitate collaboration between research teams and ensure appropriate recognition of the investigators, collaborators and funding. The adopted policy will be distributed to all researchers shortly.

Upcoming event

Sept 25-28, 2018: European Sleep Research Society meeting in Basel, Switzerland



Your input is valuable to us.

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

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