

# CSCN Newsletter



## Winter 2018-2019

### Word of the CSCN coordinator

The CSCN is starting its fourth year of life. Thank you all for your support and I wish you all very happy Holidays!

*Dominique Petit*

## Progress report

### Knowledge Mobilization:

The CSCN, Canadian Sleep Society and Immerscience have joined their voice to present information capsules on sleep. These capsules and other types of materials (guides, brochures, etc.) can be found under the newly created "Material for the patients and the public" section of the Knowledge Mobilization tab of our website.

Partners for the [national campaign on sleep](#) (CSCN, Canadian Sleep Society, Fondation Sommeil, Wake-Up Narcolepsy Canada, World Sleep Societies, Extension 360, MediAlliance and Immerscience) are progressing in setting up this campaign. The campaign logo has been selected, the brochures for donators have been prepared and texts to be eventually posted on the campaign website have been produced. The campaign will be launched at the World Sleep conference in September 2019. We are still looking for sponsors to make this campaign a true success.

### Training:

Professional training program: we received 26 completed questionnaires from CSCN trainees for the needs assessment. The report on these results was written in December. The next phase (starting in January) will be to design and implement a training program based upon the recommendations. The needs assessment will also lead to publications.

In the meantime, in October, the CSCN joined the SMRTS program. The SMRTS (Sharing Multi-network Resources for Trainee Success) Seminars Program is a professional development initiative between 9 national and provincial networks aimed at providing the best possible programming to our respective trainees. So far the CSCN trainees have been invited to 2 webinars:

- Choices and opportunities for Academic & 'Academia Adjacent' careers (October)
- Pitching and Presenting with Style (November)

The CSCN will offer one in April on How to be on TED talks.

And here are the recipients of the [Sleep Medicine Fellowships 2018](#) (announced in the last newsletter without their picture): [Dr. Aditi Shah](#) (2-year fellowship)      [Dr. Jody Platt](#) (1-year fellowship starting in 2019)



**Congratulations!**

## Progress report... continued

**Project 1:** More than 1200 patients have been recruited! We have a blood sample for about 900 of them and more than 900 have undergone the cognitive tests. An article (Circulating biomarkers to identify cardiometabolic complications in patients with obstructive sleep apnea) is under review in Sleep Med Rev.

**Project 2:** The last count of patients recruited is as follows: 90 young obese patients have been recruited (however 15 have withdrawn their consent so 75 active patients), 56 have completed the baseline measures and 10 patients have done their one year post-treatment with CPAP.

**Project 3:** The recruitment of elderly participants for the laboratory study of sleep EEG markers of cognitive decline is progressing well. Regarding the sleep aspect in the 3 large existing cohorts on aging: 1) an article has been accepted for publication and three other manuscripts are in preparation based on subjective sleep data from the Canadian Longitudinal Study on Aging (CLSA); 2) a data analysis (Insomnia, Cognition and Biomarkers) of the Consortium for the Early Identification of Alzheimer's Disease-Quebec (CIMA-Q) will begin shortly; and 3) objective sleep measures have been incorporated into the grant renewal (this month) of the Canadian Consortium on Neurodegeneration in Aging (CCNA); dormant researchers are officially joining the Consortium!

**Project 4:** Aim 1 - Fast Track Clinic: An article on the 3-month data is under review. The one-year data set will be available soon to begin analyses. A second paper looking at the impact of wait times on outcomes is in preparation. Aim 2 - Decision aid: The analyses have been completed and results were presented at the Medical Decision Making conference (an association was found between decision aid and improved treatment adherence). The manuscript is in preparation.

**Partnership with patients:** The consultation that the Centre of Excellence for Partnership with Patients and the Public (CEPPP) did with our patients-partners revealed that some patients have a hard time getting involved in already ongoing projects. We proposed involving them in the development of the national campaign; they responded positively. Another way to engage our patients-partners is to involve them in planning the next phase of the CSCN, a moment when they can have the biggest impact on sleep research priorities.

**Publication Advisory Committee:** We would like to remind you to submit in advance your CSCN publication projects on the intranet of the CSCN website. The password was sent to all CSCN researchers on September 7, 2018. The submission form (already sent as well) can be found on the intranet site in the folder "Documents to be shared".

## Upcoming events

**February 1-4, 2019:** Advances in Sleep and Circadian Science (ASCS) in Clearwater, Florida

**May 26-28, 2019:** Meeting of the Canadian Society for Chronobiology in Montreal, Quebec

**June 8-12, 2019:** SLEEP 2019 in San Antonio, Texas

**Sept 20-25, 2019:** World Sleep in Vancouver, BC



Your input is valuable to us.  
Please send us your comments about the newsletter, or ideas for network activities. You can reach us at: [dominique.petit.1@umontreal.ca](mailto:dominique.petit.1@umontreal.ca)