

centre for

health studies

tenth annual

health studies day

2012



Tuesday, January 24, 2012
 11:00 p.m. to 4:00 p.m.
 Life and Health Sciences Building,
 DNA C103
 Trent University

If you have any questions please
 e-mail lindaward@trentu.ca

Everyone is invited

Bring your lunch and enjoy
 the presentations!

program

- 11:00 a.m. Welcome and opening remarks
Deborah Kennett, Psychology and
 Director, Center for Health Studies
- 11:05 a.m. **Beryl Cable-Williams**, Nursing
*Awareness of Impending Death in Long Term
 Care Facilities*
- 11:40 a.m. **Fergal O'Hagan**, Psychology
*Mental Health in Injured Workers with Permanent
 Impairment: An Expression of the "Toxic Dose?"*
- 12:15 p.m. **Magda Havas**, Environmental & Resource Studies
*Pulsed Magnetic Fields (PMFs) Promote the Body's Ability
 to Heal*
- 12:50 p.m. **Hilary Fast**, Psychology
Learned Resourcefulness and Exercise Behaviour
- 1:20 p.m. Break
- 1:35 p.m. **Rory Coughlan**, Psychology
Preparing the Feast: Nursing Students Experiences in Ontario
- 2:10 p.m. **Brenda Smith-Chant & Jesiqua Rapley**, Psychology
*The Scientist as Learner: An Overview of the Participatory Action
 Research Approach as a Guiding Principle for Health Research
 with First Nation Communities*
- 2:45 p.m. **Geoffrey Navara**, Psychology
*The Impact of Community-based Recreational Program on the
 Health and Well-being of First Nations Communities*
- 3:20 p.m. **Cyndi Gilmer**, Nursing
Nurturing the Next Generation Research Project
- 3:55 p.m. Closing Remarks, Deborah Kennett

Awareness of Impending Death in Long Term Care Facilities

Beryl Cable-Williams

My research highlights the need for improvements in end-of-life care and attitudes about dying in nursing homes as well as the development of knowledge and skills for palliative care.

Mental Health in Injured Workers with Permanent Impairment: An Expression of The “Toxic Dose”

Fergal O’Hagan, Peri Ballantyne, Pat Vienneau, Becky Casey & Kristen Schultz

Research among injured workers suggests that ongoing physical health problems and the “anti-therapeutic” effects of the compensation system compromise mental health. Our results demonstrate a troubling mental health picture among this group. Implications for policy, practice and stress theory are discussed.

Pulsed Magnetic Fields (PMFs) Promote the Body’s Ability to Heal

Magda Havas

Magnetics have been used for healing since the time of Hippocrates. We have evidence that PMFs improve blood circulation, stimulate the immune system, and reduce pain. Some of our preliminary results using these devices will be presented.

Learned Resourcefulness and Exercise Behaviour

Hilary Fast & Deborah Kennett

Using a mixed methods approach, students completed a questionnaire assessing learned resourcefulness and were interviewed about the obstacles interfering with exercise and the strategies they used to overcome them. The stories conveyed by highly resourceful individuals were very different from those scoring low in learned resourcefulness.

Preparing the Feast: Nursing Students Experiences in Ontario

Rory Coughlan & Brittany Wrobel

We present the results of a qualitative investigation of nursing student’s educational experiences to assess students’ confidence and preparation upon entering their clinical placements and future work as a nurse. Students described witnessing many problems that took place in the hospital, with many of them believing that they would have benefitted from a greater emphasis on more practical hands on educational experiences over nursing theory courses.

The Scientist as Learner: An overview of the Participatory Action Research Approach as a Guiding Principle for Health Research with First Nation Communities

Brenda Smith-Chant, Jesiqua Rapley & Geoffrey S. Navara

This presentation outlines the participatory action approach used to evaluate the impact of the Community Aboriginal Recreation Activator (CARA) program that operated in isolated First Nation communities in Ontario. This approach was successful in engaging over 300 participants from across 12 communities to share their perspectives on the impact of the CARA program.

The Impact of Community-based Recreational Program on the Health and Well-being of First Nations Communities

Geoffrey S. Navara, Brenda Smith-Chant & Jesiqua Rapley

The findings of the Community Aboriginal Recreation Activator (CARA) Program are discussed in regards to the health benefits of promoting recreational activities in community. Further extended benefits included successful collaboration among community partners, government agencies and local resources to promote community health.

Nurturing the Next Generation Research Project

Cyndi Gilmer & Brenda Smith-Chant

This presentation will outline the process and findings of the NNG Project aimed to support families and promote early child development in Peel Region.