

Joint annual meeting of SQLNM, the CMDO network and COLOSUS Congress

February 5 to 7, 2020, Hôtel Chéribourg, Magog-Orford, Qc

SCIENTIFIC AMBASSADOR - CONFERENCE REPORT

Name of participant: Lucie Vaillancourt

Participation: from Thursday, February 6 p.m. until the end of the congress

Most liked elements regarding event logistics:

1. The charm of the place
2. Food and friendliness of staff
3. The room

Disliked elements:

1. Snow removal not done before the day after a storm
2. The dining room closed on stormy evenings

Major impressions regarding scientific content:

1. Competent and dynamic speakers
2. The moderators respected the planned time
3. The content of the conferences

Summary:

Encounters with:

1. Benoît Lamarche who told me about the NutriQuébec project which I signed up for and which I will speak about to family members and friends to help with recruitment
2. Jean-Pierre Després to whom I introduced myself as a new patient partner
3. The very dynamic person who organized the congress
4. The person who organized the POR training day on Saturday

My personal experience as a research nurse helped me understand some of the more fundamental topics presented at the conferences. In addition, my life with type 2 diabetes for 10 years and my interests in nutrition and physical activity have comforted me in continuing my healthy lifestyle habits.

Comments and suggestions:

Comments:

- I was fortunate to be able to participate in this scientific congress that was very well organized in its logistical and scientific aspects. Thank you!
- The interest and informed passion of the speakers, the professionals and the students demonstrates a general desire to improve and contribute to better health for the population. I

also observed that several speakers had patient partner participation at heart in the creation of their projects and throughout the entire research process.

Suggestions:

- There could be a short presentation done by a patient partner at the next conference event. For example, an experienced patient partner who has participated in the development of a research project with clinicians or researchers could talk about their experience and stimulate others to integrate patient partners into their teams. It could even be a joint presentation with a researcher who has partnered with a patient partner.
- There could be one or two diabetes-focused lectures given by other health professionals such as kinesiologists, psychologists, social workers and others who work in a clinical or research setting. For example, invite a nutritionist who works in a diabetic association to talk about their experience with patients or a research psychologist who would talk about the impact of diabetes in relation to people's psychological well-being / ill-being living with diabetes.

Research theme & Projects:

Friday a.m. Benoît Lamarche subbed in for someone else. I cannot however remember the title of his lecture

- Benoît first told us about the Laval University PULSAR project. It is a collaborative research platform with an intervention component in the area of sustainable health. In other words, this project brings forward a contemporary vision of sustainable health. Several researchers from different faculties and research centers will integrate their data to assess all of the factors affecting the health of the Greater Quebec City area population in a holistic approach. Benoît Lamarche describes this project as innovative, complex and daring. Indeed, research increasingly shows that a person's lifestyle and environment as well as social factors are essential determinants of health. In addition to personalized medicine and the curative approach, the health of the individual must be seen within its context and in its entirety to better adapt the interventions. The main idea is to provide tools that will help influence the set of variables that have a long-term impact on health.
- Benoît then spoke about **Nutri Québec**, a social project on the lifestyle of Quebecers. Begun in June 2019, participants are invited to answer various questionnaires on their diet, lifestyle, personal characteristics and health. For example, they will analyze the differences between people who eat more 'normal' diets versus Mediterranean, vegetarian or other diets. The participant fills in basic questionnaires each year on a secure site and can also, if they accept, answer additional questionnaires. As a bonus, each participant will receive a dietary evaluation at the end of their participation. This database designed in 2015 contains 800 products and needs to be updated. The idea behind this provincial project is to contribute to dietary recommendations better suited to the Quebec population, based on our own data and not on other countries which

have different eating habits. In conclusion, we must learn about **Nutri Québec**, participate in it and promote it.

Friday p.m. André Vanasse: Primary care and big data: an extraordinary opportunity to build an intelligent learning care-system

The patient-oriented research strategy, SPOR, has as primary aim **The patient first**. There are currently 11 support units across Canada and one in Quebec.

In summary:

- Being able to involve patients in a research process from the start of the protocol is the basis of this strategy
- In clinical practice, promote safe treatment of diabetes in the elderly
- Find and group patient data through electronic medical records (EMR) is an asset for clinical practice

In conclusion,

- Have a patient-centered approach
- Have access to a live laboratory of front line health data in real context
- Use innovative methods
- Involve all stakeholders from the start
- Integrate and involve patients to change clinical practices

Friday p.m. Jean-Pierre Després: The workplace: an epicenter for promoting ideal cardiovascular health?

Life expectancy is longer today, this implies paradigm shifts for both healthcare professionals and patients. We have to move from disease management to health promotion. For example, cholesterol levels and BMI are as important as the physical activity that we should promote. It should be noted that only 0.1% of the population meets the ideal criteria, ie cholesterol below 5.2 mmol/l, a BMI below 25 and at least 150 minutes/week of physical activity. A hard truth is knowing that only 20% of doctors talk to their patients about the importance of physical activity and food.

We already know that there is an increase in obesity in the population. Today, we have to talk about high-risk obesity, including visceral obesity. Waist measurement is one of the most important things to consider versus BMI. We can have a normal BMI and be diabetic. It is necessary to decrease visceral fat and fatty liver to have better health. Glycemic hemoglobin, blood pressure and waist circumference should also be kept normal. These are the basic building blocks for better physical health that will also help with psychological health. In conclusion, as the speaker said: **Better to be in good shape than to lose weight.**