



## RESEARCH SPOTLIGHT...



(L to R) Melissa White, Hannah Wheaton, Dr. Odette Gould, Dr. Janice Irvine-Meek. Missing: Erin Clarke, Lisa Duplessis, Michelle Lemoine, Chantal Michaud, Gisla Piseгна, Allison Post, Jane Soucie, Heather Swan.



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### Janice Irvine-Meek CSHP Foundation Research Grant Recipient

CSHP Foundation research grant recipients are changing the face of clinical practice. Read on to understand some of the exceptional work by our members. Inspired or curious? Apply for a CSHP Foundation grant at [www.cshpfoundation.ca](http://www.cshpfoundation.ca).

Dr. Janice Irvine-Meek, with her research team (listed below photo), conducted a study in 2006 using funds awarded by the CSHP Foundation. Janice's project was entitled "Development and Testing of a Comprehensive Geriatric Self-Medication Assessment Tool (SMAT)." Her group received \$12,000 to conduct research that developed and evaluated the SMAT, which is a comprehensive instrument that screens for deficits in medication self-management and facilitates interventions in elderly patients. The findings were published in the *Canadian Journal of Hospital Pharmacy* in 2010 and 2011.

**Q: What impact did the research have in your hospital?**

**A:** The Self-Medication Assessment Tool is now being used routinely in patient care assessment in Moncton, New Brunswick. Health care providers have gained more insight into the complexity of medication self-management in the elderly. A group of staff gained practice based research experience and some are now exploring research projects in their own area.

**Q: How could your research apply to other pharmacists or health-care systems?**

**A:** We determined that the SMAT is a practical and reliable instrument that is particularly beneficial for establishing patient specific targeted interventions. It is appropriate for both inpatient and outpatient settings.

**Q: Why should others pay attention to the research done by pharmacists?**

**A:** Pharmacists bring the rigor of an education in pharmaceutical sciences that combine clinical therapeutics and evidence-based medicine. We are accessible and trusted, and therefore we are in a unique position of being able to listen to patient stories which can generate research ideas and improve the delivery of care.

**Q: Why is the CSHP Foundation important to hospital pharmacists?**

**A:** The CSHP Foundation research grant made it possible for our team to adhere to a rigorous methodology, enroll an adequate number of patients and ensure accurate data entry and analysis. The rigorous grant review process ensures that research proposals are reviewed by experienced pharmacist researchers who recognize the impact of medication-related problems on patient care outcomes.

Highlighted quote:

***The awarding of CSHP Foundation research grants validates the importance of pharmacist-initiated research.***