



## May 2008 » E-news

### NSHRF NEWS

#### **NSHRF Launches the Nova Scotia Directory of Health Researchers**

The NSHRF is pleased to announce the **Nova Scotia Directory of Health Researchers**, a Web-based, fully searchable database which is an essential tool for networking and finding experts in certain fields. The Directory is for anyone looking to link with the expertise of a health researcher.

We need your help to develop this valuable resource.

All health researchers residing in Nova Scotia who register with the Common CV or updated their information on the Common CV are invited to join the Nova Scotia Directory of Health Researchers.

Participation is voluntary and is as easy as granting permission to be included in the directory as part of your Common CV. NSHRF appreciates researchers' support in helping with this important initiative.

Information about joining the Nova Scotia Directory of Health Researchers is available on our web site: [www.nshrf.ca](http://www.nshrf.ca).

#### **Knowledge Transfer/Exchange Program Grants Competition**

The NSHRF 2008-2009 Knowledge Transfer/Exchange Program Grants Competition is now underway. Grants are offered for the following:

##### *Cochrane Systematic Review*

A grant that supports researchers in conducting a Cochrane Systematic Review.

##### *Knowledge Transfer/Exchange Grant*

A grant that support supplemental funding to further disseminate research knowledge that will benefit the health of Nova Scotians.

##### *Model Application Grant*

A grant that supports the application of knowledge transfer/exchange model from the literature in a Nova Scotian setting.

Registration deadline is **June 24, 2008**.  
Applications are due **September, 2008**.

For more information regarding these grants, please visit the NSHRF Website at [www.nshrf.ca](http://www.nshrf.ca).

## IN PROFILE: NOVA SCOTIA RESEARCH

### **Child life specialists: Helping to manage children's pain**

Investigator: Nancy Bandstra, Doctoral Student, Clinical Psychology, Department of Psychology Dalhousie University

Child life specialists are professionals specifically trained to assist children during pediatric health-care experiences including helping families adjust to hospital, as well as assisting children in coping with various procedures.

While pain management is often described as part of the work of child life specialists, no research has described the specific pain-management strategies used by these professionals. Now a study conducted at Dalhousie University and the IWK Health Centre has explored this and related issues.

"We know that child life specialists play an important and positive role in children's hospital experiences. In this research, we set out to determine whether these professionals also contribute to pediatric pain management," says Nancy Bandstra, a clinical psychology PhD student in the Department of Psychology at Dalhousie University.

To read more, visit, <http://www.nshrf.ca/AbsPage.aspx?ID=1288&siteid=1&lang=1>

### **The Benefits of Skin-to-Skin contact for Mothers and the Early Mother/Infant Relationship**

Investigator: Ann Bigelow, Professor of Psychology, Department of Psychology, St. Francis Xavier University

There is new research from Nova Scotia that indicates there is nothing quite like a mother's touch.

Ann Bigelow, a professor of psychology at St. Francis Xavier University, in collaboration with health professionals throughout the province, discovered there are several benefits to early mother/infant skin-to-skin contact. Her research, which took place over three months with mothers and infants from two Nova Scotia hospitals, found that mothers who maintained longer periods of skin-to-skin contact experienced less postpartum depression in the infants' first few weeks of life and were more sensitive to their infants during feeding.

Infants who experienced longer periods of skin-to-skin contact also became socialized more easily—being able to maintain the "quiet alert" state (where infants intently focus on what they hear and see) for longer periods of time. As well, skin-to-skin contact improved infants' sensitivity to their mothers.

Dr. Bigelow also currently holds a NSHRF Knowledge Transfer/Exchange Supplement grant to further disseminate the results of her previously-funded project. As a result, a Skin-to-Skin Contact Education Kit will be produced. The Kit will include a DVD that portrays mother-infant skin-to-skin contact within a Canadian social-cultural context. The engaging visual/auditory format of the proposed DVD will present in accessible, practitioner- and lay-friendly terms the key research findings along with implications of these findings for health-relevant practice. The DVD will come packaged within a Kit that contains supportive materials describing ways to introduce the DVD to groups of new and expectant mothers, and suggestions for how to stimulate discussion within groups after viewing the DVD.

To read more, visit, <http://www.nshrf.ca/AbsPage.aspx?ID=1288&siteid=1&lang=1>

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