

Better Nights, Better Days

Pediatric Sleep Team Newsletter

Spring 2012

Better Nights, Better Days Newsletter, Edition 1

Welcome to the first edition of the Better Nights, Better Days Newsletter. This newsletter is intended to keep our advisory boards and collaborators up to date on our progress on the Better Nights, Better Days (BNBD) CIHR TEAM Grant.



Our BNBD Pediatric Sleep team was awarded almost \$2,000,000 to develop, implement, evaluate and disseminate a web-based sleep intervention for children ages 1-10 years. Since we were awarded the grant we've made some exciting strides in getting the project up and running (see page 5)! This project brings together an outstanding team of sleep researchers along with a number of important partners. Our Management structure, pictured on page 4, outlines the different groups who are involved in the study; the Management Team, Scientific, Clinical, and Knowledge Translation Advisory Boards, along with implementation sites and supporting committees.

BNBD TEAM Grant Overview

Up to 25% of children suffer from sleep problems that are referred to as 'behavioural insomnia'; that is, they have difficulty settling, falling asleep, and staying asleep. This can result in daytime sleepiness and may negatively effect behaviour, mood, and school performance. It also has negative effects on parents' sleep and their own daytime functioning. Although there are methods for treating these problems, few children receive appropriate treatments. Only about 1% of children with insomnia are treated with the behavioural approaches that have been shown to work. The main reasons for this are: 1) most parents are unaware of what the right treatments are; 2) most health care providers they contact do not have the training to provide these treatments; and 3) these treatments are not readily available (particularly in remote areas). The BNBD Pediatric Sleep Team will address these barriers by developing, putting in place, and testing the usefulness of a sleep treatment program for children aged 1-10 years with behavioural insomnia that will be delivered over the internet, with coaching support. This approach will make the treatment program available to the majority of parents whose children have behavioural insomnia. We will test whether parents make good use of this program and whether it is effective in improving sleep among children. We will also study whether improved sleep results in better daytime functioning for children and in better sleep and functioning of their parents. We will provide information to health care providers on how to use this treatment program. This approach will help ensure that the program will continue to be used after the proposed research study ends. The proposed research program will address an important public health issue by creating new knowledge that results in a better way of delivering health care for children with behavioural insomnia, thereby improving the health and well-being of Canadian children and parents.

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Introducing....The Management Team

Our management team (pictured below) has been very busy meeting via teleconference on a bi-weekly basis. Their last face-to-face meeting occurred at the joint CSS/WASM congress in Quebec City in September 2011, and since then, they have all shown tremendous dedication to the project. The team is spread across 4 different time zones from Nova Scotia to British Columbia.

[Penny Corkum, PhD, RPsych](#)

Principal Investigator, Lead of Halifax Implementation Site

[Christine Chambers, PhD, RPsych](#)

Co-Investigator, Co-Lead of Training Committee

[Roger Godbout, PhD, RPsych](#)

Co-Investigator, Lead of Montreal Implementation Site

[Reut Gruber, PhD, RPsych](#)

Co-Investigator, Co-Lead of Knowledge Translation Committee

[Wendy Hall, RN, PhD](#)

Co-Investigator, Lead of Vancouver Implementation Site

[Graham Reid, PhD, CPsych](#)

Co-Investigator, Lead of London Implementation Site

[Robyn Strempler, RN, PhD](#)

Co-Investigator, Lead of Clinical Advisory Board

[Shelly Weiss, MD, FRCPC](#)

Co-Investigator, Co-Lead of Training Committee

[Manisha Witmans, MD FRCPC](#)

Co-Investigator, Co-Lead of Knowledge Translation Committee



Our Management Team and co-investigators (from left to right): Dr. Shelly Weiss, Dr. Pat McGrath, Dr. Robyn Strempler, Dr. Penny Corkum, Dr. Ben Rusak (centre), Dr. Roger Godbout, Dr. Reut Gruber, Dr. Manisha Witmans, Dr. Christine Chambers, Dr. Graham Reid. Insert: Dr. Wendy Hall

The BNBD Support team

Dr. Coulombe works as the Postdoctoral Fellow with the Better Nights, Better Days team. She completed her MA (2005) and PhD (2011) at the University of Western Ontario in the clinical psychology program and completed her clinical psychology residency (2009-2010) with the London Health Sciences Clinical Psychology Residency Consortium in the Child and Adolescent track. Contact: aimee.coulombe@dal.ca



Dr. Aimée Coulombe

Ms. Schurman is working as the Research Coordinator for the Better Nights/Better Days team. She completed her MBA in Marketing and Entrepreneurship, and a Master's in Health Services Administration both at Dalhousie. Contact:

kjschurm@dal.ca



Katy Schurman

If viewing our newsletter on a computer, left click holding down the control button to view Management Team members' individual web-sites!

BNBD Trainee Program

As part of the Better Nights/Better Days grant, we will be developing a training program for students interested in pediatric sleep. Our goal is to create a generation of health researchers and clinicians who are knowledgeable about sleep, and in particular the assessment and treatment of sleep disorders in children.

The trainee program will use a phased-in approach. Beginning in February 2012, members of the Management Team will present monthly webinars with students working in the Management Team members' labs across the country.

The webinars will be hosted through a Dalhousie Online Web-based Learning system called BB Learn.

If you are a member of the Scientific or Clinical Advisory Board, and have students in your lab who may be interested in participating in these webinars, please contact Katy at kjschurm@dal.ca.



The BNBD Training program will target undergraduate, graduate and post-graduate trainees who wish to become knowledgeable about issues in pediatric sleep.

BNBD Trainee Research Highlight Pediatric Sleep: Practice Barriers and Facilitators

**Please help
us recruit for
this study!**

This study will examine health professionals' knowledge, attitudes and beliefs as predictors of their clinical practice specific to behavioural insomnias of childhood (BICs). Dr. Coulombe is leading this study, along with Honours Student, Erin Maguire. This is an on-line, questionnaire based study. We will be recruiting approximately 300 pediatricians, family physicians, psychiatrists, nurses, psychologists, and social workers from across Canada.

The outcomes of this study will inform the development of training materials that will assist professionals in supporting parents as they work through the Better Nights, Better Days intervention.



We are currently seeking pediatricians, family physicians, psychiatrists, nurses, psychologists, and social workers to participate in this study. To participate in this study, learn more at <http://myweb.dal.ca/pycorkum/participationOpportunities.html>. If you could help us recruit for this study, by circulating study information to colleagues, please contact us: Aimee.Coulombe@dal.ca or kjschurm@dal.ca

BNBD Pediatric Sleep Grant Structure

Principal Applicant:
Dr. Penny Corkum

Scientific Advisory Board

- Benjamin Rusak, PhD (Sleep & Circadian rhythms)
- Pat McGrath, PhD (RCT, web-based interventions)
- Melanie Barwick, PhD (Knowledge Translation)
- Terrance Wade, PhD (Health outcomes)
- Carolyn Watters, PhD (Computer sciences, web-based interactions)
- Pantelis Andreou, PhD (Bio-statistician)
- Judith Owens, MD (Pediatric Sleep)
- Jonathan Fleming, MD (Adult Insomnia)
- Ross Hetherington, PhD (Web-based health information)
- Roseanne Armitage, PhD (Chair of the International Consortium on Children's Sleep)

Management Team

Implementation Sites: Penny Corkum, PhD {ADHD & Sleep problems in elementary aged children} (Dalhousie), Graham Reid, PhD {Pediatric sleep problems, Access to Health & Mental Health Services} (UWO), Roger Godbout, PhD {Sleep in Mental Health Populations} (U de M), Wendy Hall, PhD {Behavioural sleep problems in infants and toddlers} (UBC)

Training Committee Leads: Christine Chambers, PhD {Pain and Child Health} (Dalhousie), Shelly Weiss, MD {Pediatric Neurology} (Sick Kids)

KT Committee Leads: Reut Gruber, PhD {ADHD, Sleep Deprivation} (McGill), Manisha Witmans, MD {Pediatric Respirology}, (U of A)

Clinical Advisory Board Lead: Robyn Strempler, PhD {Pediatric Sleep Disturbances} (U of T)

Knowledge Translation Advisory Board

- Canadian Association of Family Physicians
- Canadian Association of Pediatric Health Centres
- Canadian Family Practice Nurses Association
- Canadian Pediatric Society
- Canadian Psychology Association
- Canadian Sleep Society
- Community Health Nurses of Canada
- Dr. Alexa Bagnell, Child Psychiatrist
- Fondation Sommeil
- "F.O.R.C.E. Society for Kids' Mental Health"
- NS Department of Health and Wellness
- Ontario Ministry of Health & Long Term Care

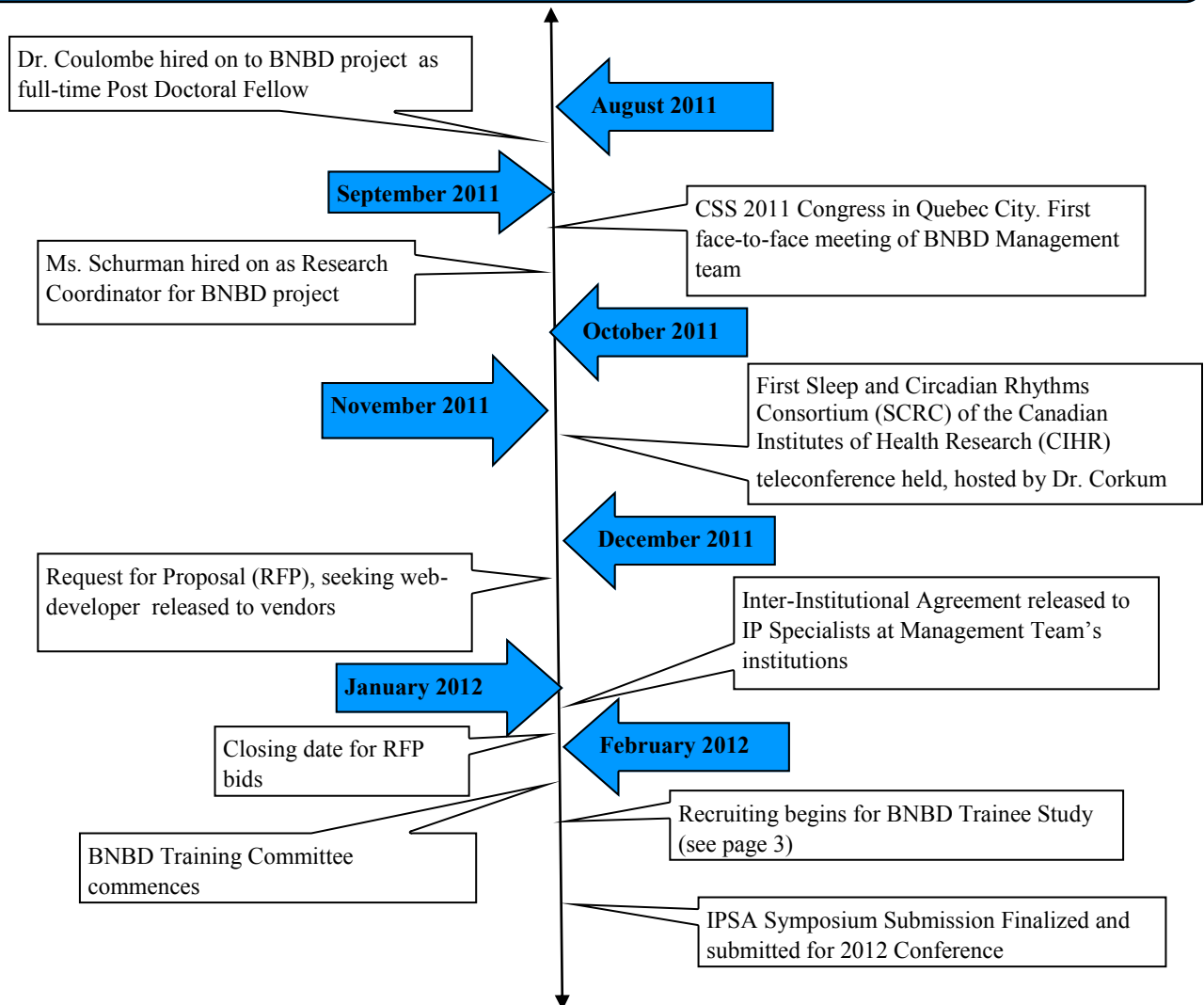
Clinical Advisory Board

Members: Rakesh Bhattacharjee, MD {Pediatric Respiratory Medicine}, Nicky Cohen, PhD {Sleep Interventions}, Bruce Dick, PhD {Chronic Pain & Sleep}, Ana Hanlon-Dearman, MD {Pediatric Sleep}, Osman Ipsiroglu, MD, PhD {Adherence/Compliance to treatment protocols}, Sherri Katz, MD {Non-invasive ventilation in special populations}, Valerie Kirk, MD {Clinical Sleep Medicine}, Indra Narang, MD {Pediatric Sleep Disordered Breathing}, Margaret Weiss, MD, PhD {ADHD, Melatonin}

Implementation Sites



Progress Timeline



Sleep and Circadian Rhythms Research Consortium (SCRC)

The Better Nights/Better Days project is part of CIHRs' Sleep and Circadian Rhythms Research Consortium (SCRC). The SCRC consists of the investigators of the 4 Team grants in Sleep & Circadian Rhythms.

The three other teams involved are lead by Dr. Najib Ayas (Respiratory Sleep Disorders Research Team), Dr. Richard Horner (Trans-Disciplinary Team Research and Training Program in Sleep and Biological

Rhythms), and Dr. Peter Soja (Effects of Age and Apnea on Cognitive and Sensorimotor Processes During Sleep and Wakefulness).

The purpose of the SCRC is to facilitate inter-team collaboration, including exploration of resource-sharing opportunities, exchange of best practices in team management, development of new research collaborations, enhancement of training and mentorship

opportunities, and joint development of knowledge transfer and translation strategies. The 4 Teams had their introductory meeting in September at the joint CSS/WASM congress, and have begun bi-monthly teleconferences to discuss collaboration possibilities.

We look forward to our next face-to-face meeting with the SCRC in June at the American Academy of Sleep Medicine SLEEP 2012 Conference.

Funding

Support and funding provided by the Canadian Institutes for Health Research:

Institute for Circulatory and Respiratory Health

Institute for Human Development, Child & Youth Health

Institute for Neurosciences, Mental Health and Addiction



Upcoming Events

AASM SLEEP 2012, June 9—13, Boston

<http://www.apss.org/datesdeadlines.aspx>

CPA Convention, June 14-16, Halifax

<http://www.cpa.ca/convention/>

IPSA Congress 2012, December 5– 7, 2012, Manchester, UK

<http://www2.kenes.com/ipsa2012/Pages/Home.aspx>

Questions? Contact Us

If you have questions or comments related to the Better Nights/Better Days Pediatric Sleep Team Grant, please feel free to contact the Research Coordinator, Katy Schurman at (p) 902-494-5177, kjschurm@dal.ca, or the Principal Investigator, Dr. Penny Corkum at penny.corkum@dal.ca.



Find BNBD on the web!

<http://betternightsbetterdays.psychology.dal.ca>