

# The Realities of Research Support, In My Experience

By Cheryl Barnabe, MD, FRCPC, MSc

In 2013 I was awarded the CRA-Canadian Initiative for Outcomes in Rheumatology Care (CIORA) and The Arthritis Society (TAS) Clinician Investigator Award. This salary award was designed to support investigation in inflammatory arthritis (IA) aligned with the research pillars of the CIORA grant program—getting more patients with IA diagnosed, utilizing multidisciplinary care teams to deliver high-quality arthritis services, and advancing educational initiatives.

During my award tenure, I have focused on how we might improve systems of access and care delivery for indigenous patients with arthritis. Indigenous populations in Canada have the highest prevalence of both osteoarthritis (OA) and most types of IA. They have severe disease outcomes, and our current healthcare system fails, for the most part, to provide an environment where optimal treatment outcomes could occur. The salary award has given me the opportunity to explore these issues, helping develop the networks and interventions to resolve the situation that exists. I am incredibly fortunate that my CRA(CIORA)/TAS salary award will now be followed by tenure of a Canadian Institutes of Health Research (CIHR)

salary award, as a New Investigator in Community-Based Primary Healthcare, to make interventions based in the primary-care setting and which strengthen the primary-care provider-specialist relationship to improve outcomes.

What does a salary award give an academic? These awards afford protected time to write grants and papers, develop a research program, and supervise research students. Without this protected time, it is incredibly difficult to pursue research endeavours and achieve high-impact work. I am most grateful to the CRA and TAS for their contributions to supporting my research program over the past two years.

#### Suggested Reading

To learn more about CIORA and available support opportunities, please visit [www.rheum.ca/en/ciora/](http://www.rheum.ca/en/ciora/).

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## CRA/ARF Young Faculty Award for Excellence in Research: 2015 CRA Annual Scientific Meeting

### Summer Studentship Mentor Award

Dr. Lori Albert

### Philip Rosen Award for Best Abstract for Clinical or Epidemiology Research by a Trainee

Dr. Liam O'Neil

*"Interrupted and Delayed Care in First Nation Patients with Rheumatoid Arthritis: The Best Target for Therapy?"*

University of Manitoba  
Supervisor: Dr. Christine Peschken

### Ian Watson Award for Best Abstract for SLE Research by a Trainee

Dr. Ripneet Puar

*"High Mortality in Vulnerable Canadians with SLE"*

University of Manitoba  
Supervisor: Dr. Christine Peschken

### Best Abstract for Basic Science Research by a Trainee

Sina Rusta-Sallehy

*"A Progressive Increase in T follicular Helper Cells Marks the Transition from Benign to Symptomatic Autoimmunity"*

University of Toronto  
Supervisor: Dr. Carolina Landolt-Marticorena

### Best Poster by a Medical Student

Dennis Wong

*"Reliability of Radiographic Assessment of Psoriatic Arthritis Mutilans"*

University of Toronto  
Supervisor: Dr. Dafna Gladman

### Best Abstract for Research by an Undergraduate Student

Dr. Tristan Kerr

*"The Risk of Growth Retardation and Obesity in Children with JIA Treated with Contemporary Treatments: Results from the ReACCh-OUT Cohort"*

University of British Columbia  
Supervisor: Dr. Lori Tucker

### Best Abstract for Research by a Rheumatology Resident

Dr. Claire Barber

*"Developing System Level Performance Measures for Evaluating Models of Care for Inflammatory Arthritis"*

University of Calgary  
Supervisors: Dr. Deborah Marshall and Dr. Diane Lacaille

### Best Poster by a Post-Graduate Resident

Zainab Alabdurubalnabi

*"Cardiovascular Risk Assessment in Moderate to Severe Inflammatory Arthritis Patients"*

University of Alberta  
Supervisor: Dr. Stephanie Keeling