



# **The Canadian Arthritis Research Conference: Research with Impact**

February 16 | 11:40 – 3:20 EST

February 17 | 12:00 – 3:30 EST

## **Virtual Event Agenda**

## DAY 1 | Tuesday, February 16, 2021

TIME (EST)	Welcome to CARC + Land Acknowledgement	
11:40 – 11:55	Opening Remarks (Canadian Rheumatology Association, The Arthritis Society, and CIHR-IMHA)	
	Housekeeping + Introduction to Keynote Session   Dr. Karim Khan	
11:55-12:25	Introduction to Dr. Chambers and Isabel: Dr. Karim Khan <b>KEYNOTE: Dr. Christine Chambers &amp; Isabel Jordan:</b> Worlds Colliding: Lessons Learned Through Partnering with Patients & Caregivers to Improve Health Research and Care (25 min + 5 min Q&A)	
12:25-12:30	<b>ROOM SPLITTING BREAK</b>	
	<b>Day 1 Room 1</b> <b>Focus: Medicine, Rheumatoid Arthritis</b> Moderators: Lene Andersen and Emily Sirotych	<b>Day 1 Room 2</b> <b>Focus: Rehabilitation, Osteoarthritis</b> Moderators: Louise Crane and Christina Le
12:30-13:00	<b>SPEAKER 1: Dr. Jennifer Anolik</b> Unexpected features in the rheumatoid arthritis synovium revealed by the Accelerating Medicines Partnership (25 min + 5 min Q&A)	<b>SPEAKER 1: Dr. Ewa Roos</b> Is OA a Disease or an Illness? Implication for Treatment and Prevention (25 min + 5 min Q&A)
13:00-13:30	<b>SPEAKER 2: Dr. Dawn Richards</b> Patient Engagement in Research: Why and How (25 min + 5 min Q&A)	<b>SPEAKER 2: Dr. Jackie Whittaker</b> Time waits for no-one: Preventing OA after a Joint Injury (25 min + 5 min Q&A)
13:30-14:00	<b>SPEAKER 3: Dr. Costantino Pitzalis</b> Molecular Portraits of Rheumatoid Arthritis: Defining Clinical and Treatment Response Endo-Phenotypes Towards Precision Medicine (25 min + 5 min Q&A)	<b>SPEAKER 3: Dr. Kay Crossley</b> Preventing Sport-related Joint Injuries: An Ounce of Prevention is Worth a Pound of Cure (25 min + 5 min Q&A)
14:00-14:15	<b>BREAK</b>	
14:15-14:45	Chairs: Hani El-Gabalawy and Linda Wilhelm	Chairs: Jesse Charlton and Dr. Andy Wong
	Best Original Research (RA) <b>14:15-14:30 Etienne Dore</b> An endogenous enzyme promotes arthritis severity through the intestinal flora (10 min + 5 Q&A)	Best Original Research (OA) <b>14:15-14:30 Linda Truong</b> "Arthritis is always in the back of my mind." A qualitative study describing youth's attitudes, priorities, and perceptions towards physical activity and exercise-therapy after a sport-related anterior cruciate ligament tear (10 min + 5 Q&A)
	<b>14:30-14:45 Dr. Arif Jetha</b> Impact of the COVID-19 pandemic on the employment of Canadian young adults with rheumatic disease: longitudinal survey findings (10 min + 5 Q&A)	<b>14:30-14:45 Rachel Manion</b> Impacts of COVID-19 on the Psoriasis & Psoriatic Arthritis Community in Canada: Highlights from a National Survey (10 min + 5 Q&A)
14:45-15:15	<b>Panel: Ask Me Anything</b> Chairs: Dr. Marie Hudson and Tony Dufour	<b>Panel: Ask Me Anything</b> Chairs: Dr. Karim Khan and Christina Le
15:15 – 15:20	Wrap-up Remark (Dr. Marie Hudson)	Wrap-up Remark (Dr. Karim Khan)

## DAY 2 | Wednesday, February 17, 2021

TIME (EST)	<b>Day 2 Room 1</b> <b>Focus: Medicine, Osteoarthritis</b> Moderators: Dr. Tom Appleton and Dr. Kelsey Collins	<b>Day 2 Room 2</b> <b>Focus: Rehabilitation, Rheumatoid Arthritis</b> Moderators: Dr. Alison Hoens and Dr. Jasmin Ma
12:00-12:30	<b>SPEAKER 1: Dr. Margreet Kloppenburg</b> Hand Osteoarthritis: New Horizons (25 min + 5 min Q&A)	<b>SPEAKER 1: Eileen Davidson</b> The Truth about Life with RA: A Patient Perspective of Daily Living with RA (25 min + 5 min Q&A)
12:30-13:00	<b>SPEAKER 2: Dr. Mohit Kapoor</b> Using high throughput, multi-omics approach to decode osteoarthritis (25 min + 5 min Q&A)	<b>SPEAKER 2: Dr. Linda Li</b> Treat-to-Target: The Roles of Self- monitoring and Balanced-activity Counselling in Rheumatoid Arthritis Care (25 min + 5 min Q&A)
13:00-13:30	<b>SPEAKER 3: Dr. Philip Conaghan</b> What new therapies are being trialled for OA? (25 min + 5 min Q&A)	<b>SPEAKER 3: Dr. Deborah Da Costa</b> Sleep Management in Rheumatoid Arthritis (25 min + 5 min Q&A)
13:30-13:35	<b>ROOM MERGING BREAK</b>	
13:35-14:05	Introduction to Dr. Hawker: Dr. Marie Hudson <b>KEYNOTE: Dr. Gillian Hawker:</b> Osteoarthritis: A not-so-silent killer (25 min + 5 min Q&A)	
14:05-14:15	<b>BREAK</b>	
14:15-14:45	Chairs: John Coderre and Kyle Vader	Chairs: Dr. Dawn Richards and Dr. Jasmin Ma
	Best Original Research (OA) <b>14:15-14:30 Hosni Cherif</b> New diagnostic and therapeutic tools for intervertebral disc degeneration and back pain (10 min + 5 Q&A)	Best Original Research (RA) <b>14:15-14:30 Laurie Proulx and                  Karine Toupin April</b> Development and preliminary acceptability and usability of the JIA Option Map, a Web-based Patient Decision Aid for Pain Management in Juvenile Idiopathic Arthritis (10 min + 5 Q&A)
	<b>14:30-14:45 Juan Colazo</b> Bioengineered siRNA Delivery Platforms Provide Prolonged MMP13 Silencing for the Prevention and Treatment of Post-Traumatic Osteoarthritis (PTOA) (10 min + 5 Q&A)	<b>14:30-14:45 Dr. Michelle</b> Barraclough Altered Brain Functional Connectivity in Systemic Lupus Erythematosus and the Impact of Depression (10 min + 5 Q&A)
14:45-15:15	<b>Panel: Ask Me Anything</b> Chairs: Dr. Marie Hudson and Dr. Amanda Ali	<b>Panel: Ask Me Anything</b> Chairs: Dr. Jackie Whittaker and Dr. Jasmin Ma
15:15-15:17	<b>ROOM MERGING BREAK</b>	
15:17-15:30	Closing Remarks by Dr. Karim Khan	

# SPEAKER BIOS

## Dr. Christine Chambers and Isabel Jordan

### Presenting in the Keynote Session on Day 1

Dr. Christine Chambers is a clinical psychologist, Canada Research Chair (Tier 1) in Children's Pain and Killam Professor of Psychology & Neuroscience and Pediatrics at Dalhousie University. She is the Scientific Director of Solutions for Kids in Pain (SKIP), a national knowledge mobilization network, and Scientific Director of the Canadian Institutes of Health Research's Institute of Human Development, Child and Youth Health. Her research is aimed at improving the assessment and management of children's pain. She was identified by the Women's Executive Network as one of Canada's Top 100 Most Powerful Women and is a leader and innovator in patient engagement, partnerships, and the mobilization of health research.



Isabel Jordan is a founding member and on the board of the Rare Disease Foundation. She also works as the Embedded Patient Partner for the Canadian Foundation for Healthcare Improvement, the Strategic Lead, Patient Partnerships for the It Doesn't Have to Hurt lab & the Co-Chair for the PCAC for SKIP, a knowledge mobilization network that seeks to bridge the gap between treatment practices and evidence-based solutions for children's pain in Canadian health institutions.



Isabel is the mother of a young man living with a rare disease and has become a strong advocate for patient partnership in research. She's been interviewed on radio, written on patient engagement, co-authored Patients Included charters, is a member of numerous health research teams, and has spoken at national and international conferences about patient partnership.

## DR. JENNIFER ANOLIK

Presenting in Medicine, Rheumatoid Arthritis room on Day 1

Dr. Anolik is a Professor of Medicine in the Division of Allergy, Immunology, Rheumatology Associate Chair of Research for the Department of Medicine, and a board-certified rheumatologist with a special research interest in lupus and other systemic autoimmune diseases. [Her lab focuses on the role of B cells in human autoimmune disease](#) and was part of the first group to investigate the use of rituximab in the treatment of lupus and the effects of B cell depletion on immune function in lupus and rheumatoid arthritis patients. She has published extensively in the area of B cell biology, is a member of the American Society of Clinical Investigation, and PI of an NIH Accelerating Medicines Partnership Network grant and co-chair of the Network

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## DR. DAWN RICHARDS

Presenting in Medicine, Rheumatoid Arthritis room on Day 1

Dawn Richards, PhD, lives with rheumatoid arthritis and is volunteer Vice President of the Canadian Arthritis Patient Alliance. She advocates for arthritis awareness, access to treatment, patient participation in decision-making and as research collaborators, and the importance of research.

Through her firm, Five02 Labs Inc., she combines formal training as an analytical chemist with her passion for patient perspectives to inform research and healthcare. Clients include the Network of Networks, Clinical Trials Ontario (where she is the Director of Patient and Public Engagement), the SPOR Chronic Pain Network, and the CIHR Institute of Musculoskeletal Health and Arthritis.



## DR. COSTANTINO PITZALIS

Presenting in Medicine, Rheumatoid Arthritis room on Day 1

Costantino Pitzalis is Versus Arthritis Professor of Rheumatology at the William Harvey Research Institute, Barts and The London School of Medicine and Dentistry Queen Mary University of London.

His research interests focus on the cellular and molecular mechanisms of inflammation and autoimmunity in chronic rheumatic conditions particularly rheumatoid arthritis (RA). He leads a Research Team of approximately 50 Researchers (Clinicians/Scientists) and has published over 280 peer-reviewed papers in the field of inflammation, immunity and arthritis.

He is the Chief Investigator of several biopsy-driven stratified-medicine randomised clinical trials (RCTs) funded by MRC/VA and NIHR with the ultimate goal of defining synovial specific signatures able to predict more accurately prognosis and treatment response. The aim is to integrate clinical and molecular pathology algorithms towards a new taxonomy of disease and precision medicine.

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## DR. EWA ROOS

Presenting in Rehabilitation, Osteoarthritis room on Day 1

Professor Roos is an internationally leading researcher and change agent in the field of musculoskeletal health. She has both produced high-impact clinical research and translated that research into clinical tools that are easily and effectively implemented in hospitals, primary care clinics and even community settings.

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## DR. JACKIE WHITTAKER

Presenting in Rehabilitation, Osteoarthritis room on Day 1

Dr. Jackie Whittaker is an Assistant Professor in the Faculty of Medicine at the University of British Columbia, Research Scientist at Arthritis Research Canada, Michael Smith Foundation for Health Research Scholar, and recipient of the Arthritis Society's STARS Career Development Award. Her research takes a lifespan approach to preventing osteoarthritis, with a particular emphasis on the knee. This includes understanding the consequences of youth knee injuries, identifying modifiable factors that mediate knee injury and subsequent onset of osteoarthritis, and co-developing interventions with patient and clinician partners to halt or delay the onset of post-traumatic knee osteoarthritis.



## **DR. KAY CROSSLEY**

Presenting in Rehabilitation, Osteoarthritis room on Day 1

Professor Kay Crossley is an experienced sport and exercise physiotherapist, and the inaugural Director of the La Trobe Sport and Exercise Medicine Research Centre at La Trobe University. Her work focusses on reducing the burden of knee and hip injuries, through prevention and management.

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## **DR. MARGREET KLOPPENBURG**

Presenting in Medicine, Osteoarthritis room on Day 2

Margreet Kloppenburg is appointed at the Departments of Rheumatology and Clinical Epidemiology, Leiden University Medical Center. After her PhD-degree, she specialized as rheumatologist and registered as epidemiologist. In 2000 she started in the field of osteoarthritis. Since 2012 as Full Professor of Rheumatology, her group investigates the causal role of systemic factors in osteoarthritis and methodology to evaluate its disease course, with special attention for hand osteoarthritis. The ultimate goal is to develop new treatments. She serves as member on the board of OARSI, and as president for the Dutch Society of Rheumatology.

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## **DR. MOHIT KAPOOR**

Presenting in Medicine, Osteoarthritis room on Day 2

Dr. Mohit Kapoor is the Co-Director of the Schroeder Arthritis Institute at the University Health Network in Toronto. He is the Tony and Shari Fell Platinum Chair in Arthritis Research. He is also the Canada Research Chair and Professor of Orthopedic Surgery at the University of Toronto. Dr. Kapoor's translational research program is directed towards: (1) Understanding the complex cellular and molecular mechanisms associated with joint destruction during osteoarthritis; (2) Identifying reliable biomarkers for early identification of patients with osteoarthritis to enable early intervention; (3) Identifying novel therapeutic targets to stop/delay osteoarthritis and restore joint function.



## **DR. PHILIP CONAGHAN**

**Presenting in Medicine, Osteoarthritis room on Day 2**

Professor Philip Conaghan MBBS, PhD, FRACP, FRCP, is Director of the Leeds Institute of Rheumatic and Musculoskeletal Medicine (a EULAR Centre of Excellence) and Professor of Musculoskeletal Medicine at the University of Leeds. He is a Rheumatologist and Deputy Director of the NIHR Leeds Biomedical Research Centre. His research spans early translational studies through large late-phase clinical trials, with major interests in understanding pathogenesis and developing therapies for osteoarthritis. He is an executive member of the international outcomes group OMERACT. He has previously chaired UK NICE osteoarthritis clinical guidance. He has authored/co-authored over 550 publications as original research, reviews and book chapters.

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## **EILEEN DAVIDSON**

**Presenting in Rehabilitation, Rheumatoid Arthritis room on Day 2**

Eileen Davidson is a Rheumatoid Arthritis patient advocate and blogger known as Chronic Eileen. She is a regular writer for Creaky Joints and is a member of the Arthritis Research Canada Patient Advisory Board (APAB) and CIHR-IMHA Patient Engagement Research Ambassador (PERA).

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## **DR. LINDA LI**

**Presenting in Rehabilitation, Rheumatoid Arthritis room on Day 2**

Dr. Linda Li is Professor and Harold Robinson/Arthritis Society Chair at the Department of Physical Therapy, University of British Columbia, and Senior Scientist at Arthritis Research Canada. She holds a Canada Research Chair in Patient-oriented Knowledge Translation. Dr. Li's research centers on improving the care for people with arthritis and supporting patient self-care. Her work focuses on the integration of online, mobile, and wearable tools in health care. Dr. Li's work in knowledge translation and implementation science has led to a new line of studies on the benefits of engaging patients and the public in the research process. Her work has been recognized by a Distinguished Scholar Award from Association of Rheumatology Professionals in the U.S.





## **DR. DEBORAH DA COSTA**

**Presenting in Rehabilitation, Rheumatoid Arthritis room on Day 2**

Dr. Deborah Da Costa is a scientist at the Research Institute, McGill University Health Centre and an associate professor in the Department of Medicine, Faculty of Medicine at McGill University. Her research focuses on the interplay between modifiable psychosocial and behavioural (e.g. sleep, exercise) factors and health status in various chronic illnesses and in relation to depression in populations at risk. This has laid the foundation for the knowledge-transfer phase of her program which focuses on tailoring and evaluating evidence-based e-health interventions to empower individuals with the knowledge and skills needed to optimize their health and wellness.

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## **DR. GILLIAN HAWKER**

**Presenting in the Keynote Session on Day 2**

Dr. Gillian Hawker is the Sir John and Lady Eaton Professor and Chair of the Department of Medicine at the University of Toronto and a Senior Scientist at the Women's College Research Institute. She is a health services researcher whose research focus has been on disparities in access to care for people living with osteoarthritis. She has published over 300 peer-reviewed articles and was the 2020 recipient of the International Osteoarthritis Research Society's Clinical Research Award. In her role as Department Chair, she has been implementing strategies to enhance equity, diversity and professionalism, with a particular focus on advancing women in academic medicine.



# Original Research Presenter Bios

## ETIENNE DORÉ

Presenting in Medicine, Rheumatoid Arthritis room on Day 1

Etienne Doré is a PhD student from the ARThrite Research Centre at Université Laval, Quebec City, under the supervision of Dr. Eric Boilard. Before his doctoral studies, he completed his Master's Degree in 2020 within the same research group, during which he investigated the interactions between an endogenous bactericidal enzyme and the intestinal microbiota in the spontaneous dysregulation of the immune system. With the support of The Arthritis Society, he is currently exploring how the interplay between this bactericidal enzyme and the intestinal flora affects the severity of inflammatory arthritis.

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## DR. ARIF JETHA

Presenting in Medicine, Rheumatoid Arthritis room on Day 1

Dr. Arif Jetha is a Scientist at the Institute for Work & Health, and an Assistant Professor at the University of Toronto's Dalla Lana School of Public Health. Dr. Jetha's research aims at understanding how the changing nature of work affects the employment and health outcomes of people living with rheumatic disease and other chronic health conditions. He is specifically interested in understanding early labour market experiences of young adults and their impact on key transitions across the life course.

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## LINDA TRUONG

Presenting in Rehabilitation, Osteoarthritis room on Day 1

Linda Truong is a physiotherapist with over 10 years of experience in sport rehabilitation, and 3<sup>rd</sup> year PhD candidate at the University of British Columbia. Her research is focused on the role of social support following a traumatic sport-related knee injury and how it may influence adherence to exercise therapy and physical activity.



## RACHEL MANION

### Presenting in Rehabilitation, Osteoarthritis room on Day 1

Rachael Manion is the Executive Director of the Canadian Association of Psoriasis Patients and the Canadian Skin Patient Alliance. Drawing on her background as a lawyer and consultant, Rachael brings a strategic and creative approach to advocating for better patient care. She is also Chair of the Patient Advisory Council of the Skin Investigation Network of Canada (SKIN Canada).

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## HOSNI CHERIF

### Presenting in Medicine, Osteoarthritis room on Day 2

Hosni Cherif joined the spine field in 2017 as a biochemist and holding a PhD in cell and molecular biology. He has been particularly interested in favoring the development of new therapeutic agents capable of treating intervertebral disc degeneration and the associated chronic low back pain. The focus of his research is to understand the mechanisms of cellular senescence and disc degeneration which will facilitate development of novel disease modifying drugs. On the long term, he aims to favor the development of new biomarkers and better therapies for patients affected by osteoarthritis and spinal disorders.

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## JUAN MANUEL COLAZO

### Presenting in Medicine, Osteoarthritis room on Day 2

Juan completed his BSc. honors degree in Biochemistry at the University of Alberta in 2017. His undergraduate thesis work was done in the structural biology laboratory of Dr. Michael James focusing on substrate-assisted catalysis in serine peptidases. He also performed research, to a lesser extent, in the structure of viral proteins, anti-cancer drug delivery, and *Candida albicans* morphogenesis and virulence. He moved to Nashville, TN, USA in 2017 to join the Vanderbilt Medical Scientist Training Program (MSTP) to get combined MD/PhD training with the hope of becoming a well-trained physician-scientist. He has completed 1 year of lecture-based medical training and 1 year of clerkship-based medical training before joining the Duvall Advanced Therapeutics Laboratory (ATL) in 2019. He has pursued clinical research in metabolic bone diseases and his BME PhD dissertation work is in the delivery of nucleic acid therapeutics with implications in spontaneous, post-traumatic, and multi-joint osteoarthritis. Outside of the clinic/lab, Juan enjoys playing soccer, coaching soccer, hiking, and playing with his puppy, Zoe.



## **LAURIE PROULX AND DR. KARINE TOUPIN APRIL**

**Presenting in Rehabilitation, Rheumatoid Arthritis room on Day 2**

Laurie Proulx has lived with Juvenile Rheumatoid Arthritis for over 25 years and it is her experiences that led to her involvement in the Canadian Arthritis Patient Alliance (CAPA), a grass-roots patient driven and managed organization. Through her involvement with CAPA, she advocates for patient-centred health care policies and practices for people living with arthritis. She has worked extensively as a patient partner in health research for over ten years.



Dr. Karine Toupin April is an Associate Professor in the School of Rehabilitation Sciences at the University of Ottawa. She is cross-appointed with the Department of Pediatrics and is affiliated with the Children's Hospital of Eastern Ontario (CHEO) Research Institute. She holds a Bachelor of Science in Occupational Therapy and undertook graduate and post-graduate training in public health and epidemiology. She has research expertise in chronic disease management, patient-reported outcome measures (PROMs), shared decision making and patient engagement in research. Her work has included research in pediatric and adult rheumatology, with experience in developing PROMs, clinical practice guidelines, patient decision support interventions and self-management tools. She is an editor of the Cochrane Musculoskeletal Group and the chair of the OMERACT (Outcome Measures in Rheumatology) shared decision making working group.



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## **DR. MICHELLE BARRACLOUGH**

**Presenting in Rehabilitation, Rheumatoid Arthritis room on Day 2**

Dr. Michelle Barraclough is a research associate based at the University of Manchester, UK interested in cognitive dysfunction in systemic lupus erythematosus (SLE) and other chronic diseases. Her current research is phenotyping cognitive dysfunction in SLE to better understand potential treatment targets. She is also examining compensatory brain mechanisms in those with cognitive dysfunction and how this may affect cognitive fatigue in SLE.

