



DALHOUSIE
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FACULTY OF MEDICINE

INFORMED NEWSLETTER





November News

Your generosity continues to make a profound impact on health research and education at Dalhousie's Faculty of Medicine. This month, we celebrate inspiring stories, including the healing power of exercise in cancer treatment, a new standard to ease chronic pain in children, and the legacy of a Family Medicine resident whose leadership carries on a mother's mission to serve community through medicine.

We also honor the life and legacy of Dr. Ron Stewart, a pioneer of paramedicine whose visionary contributions shaped emergency care. Looking ahead, we invite you to join us at January's Breakthrough Breakfast as we explore the transformative role of family medicine in healthcare.

Thank you for making advancements in medical education and research possible. As we approach year-end, consider a donation to the Molly Appeal, ensuring a brighter future for health care in the Maritimes.

With plenty more stories, funding opportunities, and achievements to share, we invite you to dive into this month's edition and stay connected with the latest from our vibrant community.

More stories like this can be found on [our website](#).



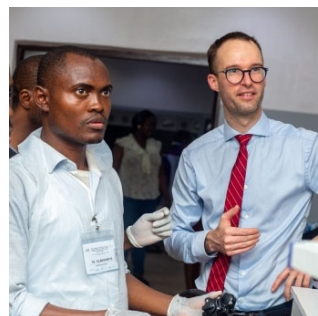
Strength in motion: The healing power of exercise in cancer treatment

Receiving a cancer diagnosis can be overwhelming, and amidst the shock and uncertainty, it's understandable that exercise may not be top of mind. The field of exercise oncology, however, has been growing rapidly, showing benefits including reduced disease and treatment-related side effects like depression, anxiety, muscle weakness and cancer-related pain, as well as a reduced risk of disease recurrence and cancer mortality. .



Dr. Ron Stewart, pioneer of emergency and paramedicine, dies at 82

Dr. Ron Stewart, the Cape Breton-born physician and Dalhousie professor emeritus whose leadership in reshaping Nova Scotia's system of emergency medicine saved many lives, died Monday (Oct. 21) at age 82.



Expanding life- saving care in Nigeria: Dalhousie surgeons pioneering colonoscopy training

In Nigeria, colon cancer is now ranked as the second most common cancer for men, and third most common for women. Access to proper screening like endoscopy and colonoscopy, for some, can greatly impact their life.



News & Updates

More exciting updates from Dalhousie's Faculty of Medicine are below. To learn more or donate, visit our [website](#).

One in five kids endure chronic pain. A new pain standard will soothe it



Dalhousie's Dr. Christine Chambers and her colleagues at Solutions for Kids in Pain (SKIP) are encouraging hospitals to adopt Canada's first Pediatric Pain Management Standard, which gives institutions like Halifax's IWK Health Centre additional tools and support to prevent and treat the chronic pain one in five Canadian children endure.

When Isabel Jordan's oldest child was in hospital to remove a bone tumour in their jaw, she watched helplessly while nurses and doctors performed excruciatingly painful medical procedures on them, without sedation.

Alex, who is non-binary (pronouns they/them), has a rare genetic condition that includes a sensory processing disorder. After the surgery, Alex had a tracheostomy and could not speak.

Too little to write things down, the six-year-old was unable to tell the nurses and doctors how much it hurt to receive injections, have fluids delivered through intravenous therapy, or have a catheter inserted or removed.

When Isabel and Tyler Jordan tried to ask for sedation or other ways to treat their child's pain, the hospital staff dismissed the couple's concerns.

"The doctors and nurses wouldn't believe that the things they were doing, which they thought were no big deal, were actually horrifically painful for them," Ms. Jordan remembers. "We didn't have the tools to advocate for them."

The Jordans stationed themselves at Alex's bedside day and night, eventually refusing permission for any procedures until staff had provided adequate pain relief for Alex.

Eighteen years later, Ms. Jordan is working with Professor Christine Chambers, who holds a Canada Research Chair in Children's Pain at Dalhousie University, to make sure hospitals and other healthcare organizations adopt the first national Pediatric Pain Management Standard.

The chronic pain children suffer is the reason Dr. Chambers and her colleagues at SKIP are meeting December 2 to 4 in Halifax. SKIP is a national knowledge mobilization network and a Research Centre at Dalhousie, for which she is the scientific director. The meeting's goal is to develop an action plan to encourage health-care organizations to implement their new Pediatric Pain Management Standard—ideally, as essential to their accreditation process.

SKIP developed the standard with the Health Standards Organization, a global entity that works with leading experts and people with lived experience to develop standards, assessment programs and quality improvement solutions.

Together, they developed 34 specific recommendations on how to deliver evidence-based, equitable, and person-centred pain care and support.

[Continue the story...](#)



In case you missed it...



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Nova Scotia's high rates of lung cancer drive research on causes, prevention, and treatment

Stephen Sollows was an active, engaged 63-year-old who had never smoked when he became one of 1000 Nova Scotians every year who receive the devastating news that they have lung cancer.



Award encourages MD grads to choose a career in family medicine: Meet the awardees

After largely self-funding his undergraduate and medical school studies, Dr. Nick Ellingwood (MD'24) says he was emotional when he discovered he had been chosen as an inaugural recipient of the James Walker Wood, MD, Award in Medicine.

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