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Psychology
Clinic

2024-2025

ACTIVITY REPORT

Faculty of Health and Behavioral Sciences



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The Faculty
of Health and
Behavioural Sciences

The Faculty of Health and Behavioural Sciences

The Faculty of Health and Behavioural Sciences at Lakehead University is made up of the professors, researchers, students, and staff in the Schools of Nursing, Kinesiology, Social Work and the Departments of Psychology and Health Sciences. Together, we conduct leading-edge research on health and human behaviour. We build knowledge of the many determinants and factors in health and with full view of the interactions of health and behaviour within society and environment. Much of our research is community driven and responsive to the needs of our regions in Northwestern Ontario and Simcoe County. Within this dynamic environment of innovation and knowledge creation, we deliver exceptional programs drawing on proven expertise in evidence-based approaches. Our programs are nationally accredited and offer recognized and regulated professional designations.



Greeting from the Dean Dr. Mirella Stroink, Dean, Faculty of Health and Behavioural Sciences

Welcome to the 2024-2025 Activity Report for the Faculty of Health and Behavioural Sciences. In this report we highlight our research productivity and feature the contributions of our Faculty, Staff, and Students in teaching excellence, community engagement, and research.

This year our talented faculty, students, and staff generated 105 peer-reviewed articles, 7 book chapters, 1 book on radical food geographies, 14 reports, and 1 juried art exhibition. In addition, we presented at conferences across Canada and around the world. We also received over \$15 million in research funding from 14 different funding agencies. Research funding, which is often held collaboratively with partners at different institutions, helps attract and train talented people while generating innovations and interventions that benefit the health and well-being of our community. Members of our Faculty received numerous awards including 3 recipients of the King Charles III Coronation Medal, a Lakehead University Research Excellence Award, and a Lakehead University Distinguished Researcher Award, among several others.

I encourage you to review the published research listed in the report. We have contributed expertise to a tremendous range of topics. For example, we have conducted studies supporting better practices in the care of people facing foot ulcers, eating disorders, diabetes, grief, frost bite injury, amputation, depression, and heat stress to name a few. We have also contributed research to better understand workplace stress, palliative care, the role of paternal health in birth outcomes, intergenerational education mobility, how the brain reacts to touch and pain, burnout, workplace injuries, technology facilitated sexual harassment, determinants of health in Arctic Indigenous communities, interlimb connectivity, and more. Finally, our researchers are working to build interventions and make policy recommendations relating to topics such as adolescent vaping, safe driving in older adults, emergency food planning, digital mental health supports, healthy relationship programs for Indigenous youth, campus sexual assault prevention programs, and the use of virtual reality in nursing education, among many others. It's an impressive display of expertise.

While this report celebrates research and scholarly activity, we also highlight the ongoing activities and programs of our 5 Departments and Schools and recognize the exceptional teaching of our 2024-2025 award winning faculty. Please enjoy this report and I invite you to follow up at any time.

2024-2025

CHAIRS & DIRECTORS



Dr. Kristen Jones-Bonofiglio,
Director of the School of Nursing



Originally established in 1965, Lakehead University's School of Nursing continues to attract diverse students into our undergraduate Bachelor of Science in Nursing (BScN) programs. The 3-year Compressed BScN Program and 4-year BScN Program have a nationally accredited curriculum based on a foundation of relational practice, which blends both the art and the science of nursing. We offer comprehensive clinical and hands-on lab experiences in every year level of the program.

With a vibrant student association (Lakehead University Nursing Association-LUNA), nursing students work together toward their future goals as leaders in health care in Northwestern Ontario and beyond. The School also partners to offer the Indigenous Nurses Entry Program (INEP) with Lakehead's Indigenous Initiatives department and the All Nations Nursing Entry Program (ANNEP) with Seven Generations Education Institute. Since 2020, we have offered graduate education, with a Master's of Nursing (MN) Program that has Nurse Practitioner (NP) and Advanced Practice Nursing (APN) streams.



Dr. Elaine Wiersma
Chair of the Department of
Health Sciences

The Department of Health Sciences is comprised of ten faculty members, including two Canada Research Chairs and two Research Centre Directors. Together, we mobilize knowledge to protect and promote health and reduce health inequities. We value diversity and prioritize integrity in everything we do. Through applied research, community engagement, and provision of diverse learning opportunities, we build capacity to understand and address the complexities of current and emerging health issues. Ours was the first Master of Public Health program in Canada! We also offer Master and Doctoral programs in Health Sciences, as well as an undergraduate Minor in Aging and Health. Graduate-level specializations are available in Epidemiology; Gerontology; Indigenous and Northern Health; and Social-Ecological Systems, Sustainability and Health. We encourage and recognize the important contributions of our students in our work and communities. Our students have created a Lakehead chapter of the Canadian Society for Epidemiology and Biostatistics and have recently formed their own Graduate Student Association.



Dr. Kathryn Sinden
Director of the School of
Kinesiology

The School of Kinesiology has established itself as being an innovative academic unit dedicated to applied scholarly endeavors. The School offers a number of undergraduate degree programs including: The Honours Bachelor of Kinesiology (HBK); HBK Co-operative education; and HBK/Bachelor of Education programs. The School offers three Graduate Programs including a Thesis-based or Course-based Master of Science (MSc) degree in Kinesiology, and a Graduate Diploma in Professional Kinesiology. In addition, the School has established transfer pathways for a number of colleges. Lakehead University is proud of these programs and the way they are enhanced by student-professor relationships and personalized attention. The School is accredited by the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA) and is supported by nine faculty members and four staff.

Dr. Rupert Klein, Chair of the Department of Psychology

The Department of Psychology offers arts and science undergraduate programs, graduate programs in Psychological Science (MSc and PhD), MA Clinical Psychology, and CPA-accredited PhD Clinical Psychology programs at the Thunder Bay campus and an HBA psychology program at the Orillia campus. We have 8 full-time faculty representing a diverse range of expertise and community associations, one of whom is a Canada Research Chair in Indigenous Mental Health and Addictions. Early in their programs students can get involved in lab-based experiential learning opportunities and join the department club the Psychology Association of Lakehead Students (PALS) to hear about upcoming talks and receive mentoring from senior students. We also have a psychology program coordinator to assist students from all programs with course selection and advising.



Dr. Les Fleischer, **Director of the School of Social Work**

The School of Social Work offers two different Honours Bachelor's degree (HBSW) programs and a Master of Social Work (MSW) degree program at both Thunder Bay and Orillia campuses. The four-year HBSW program is designed to combine a liberal arts education with a social work generalist professional practice lens. The One-Year HBSW program is designed for those students who have completed the requirements of an approved Bachelor's degree besides social work and have related practice experience. All programs are fully accredited by the Canadian Association of Social Work Education. The School has 15 full-time faculty members. (8 in Thunder Bay, 7 in Orillia) who are actively engaged in research and community work.



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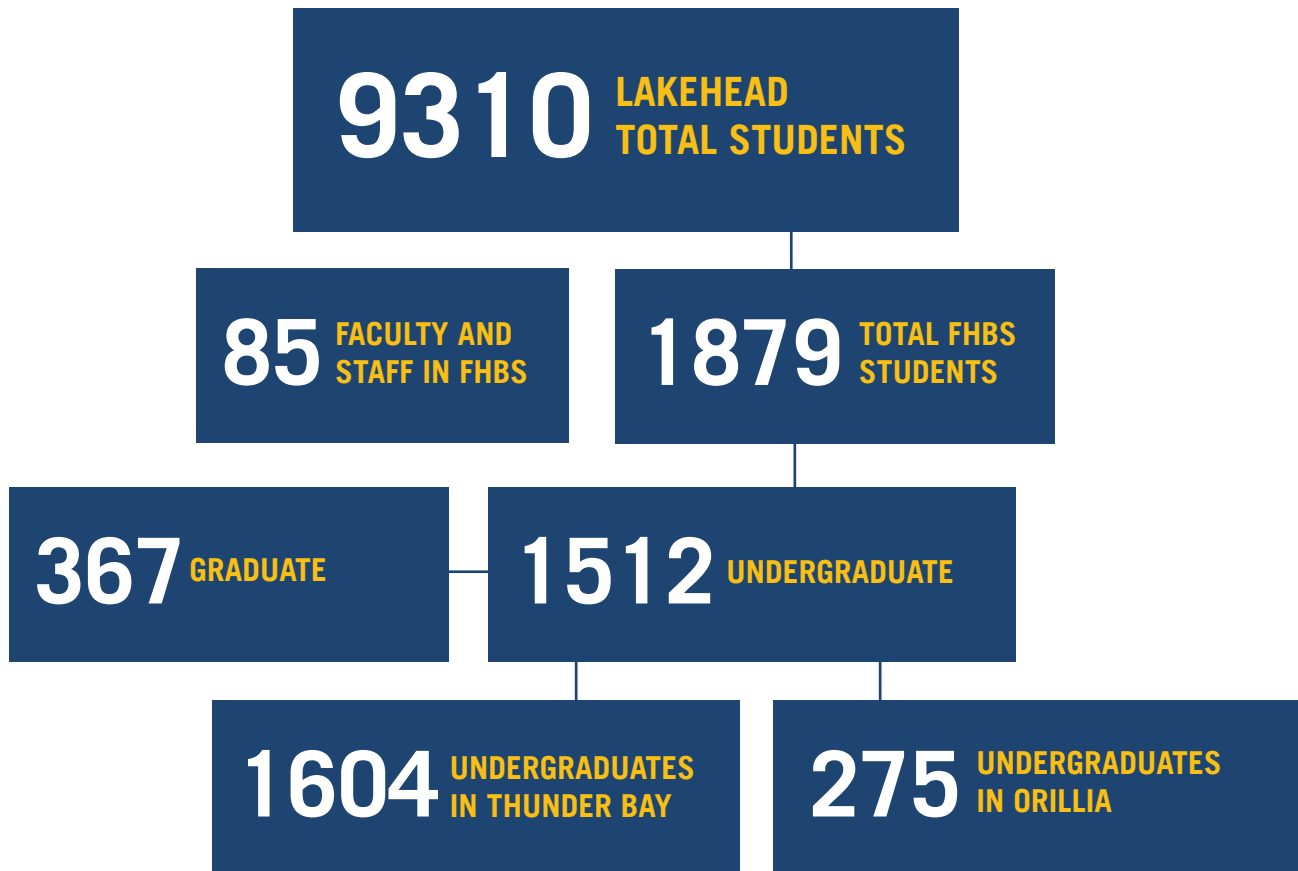
2024-2025

AT-A-GLANCE





FHBS BY THE NUMBERS





2024-2025

TEACHING AWARDS

Kaitlin Adduono

School of Nursing,

Contribution to Teaching Award 2024-2025

Dr. Taryn Klarner

School of Kinesiology

Teaching Innovation Award 2024-2025

Kristen McConnell,

School of Nursing

Teaching Innovation Award 2024-2025

2024-2025

RESEARCH GRANTS

Grants Awarded in 2024-2025: Dollars awarded in competitive external grants to the Faculty of Health and Behavioural Sciences:

\$15,793,772.84

27 NUMBER OF GRANTS RECEIVED

14 NUMBER OF GRANTING AGENCIES

GRANTING AGENCIES:

Association of Ontario Midwives
Canada Research Chairs Secretariat
Canadian Institutes of Health Research
Canadian Mental Health Association
Canadian Psychological Association
Dilico Anishinabek Family Care
Global Affairs Canada
Kiikenomaga Kikenjigewen Employment & Training Services
Ministry of Labour, Training and Skills Development
MITACS
Natural Sciences and Engineering Research Council
Petro Canada CareMakers Foundation
Social Sciences and Humanities Research Council
Wounds Canada



2024-2025

RESEARCH SPOTLIGHTS



Dr. Paolo Sanzo

Dr. Paolo Sanzo is an Associate Professor in the School of Kinesiology at Lakehead University and at the Northern Ontario School of Medicine University. He is also the Director of Active Potential Rehabilitation Services© and MSK Academy©. He is a Technical Consultant for World Physiotherapy, a designated Clinical Specialist (Musculoskeletal) Physiotherapist in Canada, and an Instructor and Examiner for the Advanced Integrated Musculoskeletal program of the Orthopedic Division of the Canadian Physiotherapy Association. Dr. Sanzo was elected as the President of the International Federation of Manual and Musculoskeletal Physical Therapists, a specialty group of World Physiotherapy representing 44 countries around the world, in 2024.

His research interests are in clinical rehabilitation and sports medicine. More specifically, his research integrates the clinical, biomechanical, and physiological aspects of human movement and gait analysis. It also includes the exploration of the medical and clinical uses and effects of extracorporeal shockwave therapy as it applies to failed tendon and bone healing responses, the clinical application and rationale for the use of therapeutic taping and bracing as an adjunct to rehabilitation and aiding in sport performance, the biomechanical analysis of concussion, manual therapy and length tension testing and the relationships between muscle and myofascial tissues in various musculoskeletal disorders, and the integration of medical technologies for both assessment and treatment purposes. He has published articles in several peer-reviewed journals, authored four books on length tension testing techniques in the upper and lower quadrants, and serves as a reviewer for several journal titles.

Based on his background and research interests, Dr. Sanzo teaches and lectures extensively internationally and assists with curriculum development in different programs around the world and in the dissemination of various aspects of his research work including working with World Physiotherapy, UNICEF, and the World Health Organization. Most recently, his teaching and research has taken him around the world including in central Asia in Kyrgyzstan and Tajikistan, in the Middle East in Egypt and the United Arab Emirates, in South America in Guyana and Brazil, and in South Africa and Southeast Asia, in the Philippines.

Dr. Amanda Marazan

Dr. Amanda Marazan is an Associate Professor in the Department of Psychology and a Scientist with the EPID@Work Research Institute. She is passionate about understanding – and ultimately reducing – the stigma that surrounds mental illness, and about improving how psychologists are trained to support the increasingly complex mental health needs of the community and population.

At the heart of Dr. Marazan’s research is one central question: how does stigma shape the way people think, feel, and seek help? Her work dives into public stigma (the judgments of others), self-stigma (the shame we turn inward), and structural stigma (systemic inequities), exploring how these forces affect help-seeking, recovery, and well-being. Using a community-based participatory approach, she collaborates directly with people who have lived experience of mental illnesses to unpack the structural, cultural, and interpersonal roots of stigma – and to design evidence-based ways to fight it.

A major focus of her recent work is the “Honest, Open, Proud” (HOP) program, which helps people reduce self-stigma and make informed choices about sharing their mental health experiences. Dr. Marazan and her team recently wrapped up a SSHRC-funded randomized controlled trial adapting HOP for Canadian university students – with exciting, positive outcomes. She also led a SSHRC Destination Horizon grant that supported an international HOP conference, bringing together researchers, students, and peers with lived experience to set priorities and spark collaborations for future projects.

Beyond mental health, Dr. Marazan also applies her stigma lens to the world of workplace injury and disability. With support from EPID@Work and SSHRC, her team has explored how stigma is discussed in injured-worker research, how structural stigma affects recovery and compensation experiences, and how families are impacted when someone is hurt on the job. This work is grounded in partnerships with groups like the Canadian Injured Workers Alliance and the Thunder Bay & District Injured Workers Support Group, ensuring that people with lived experience are at the centre of every project.

Another thread running through her research focuses on the education and training of psychologists. Dr. Marazan studies topics such as self-care and wellness in professional training, diversity and equity in education, and the teaching of ethics – and she contributes to national conversations about how to prepare the next generation of psychologists for the challenges ahead. Across all her projects, Dr. Marazan’s mission is clear: to deepen our understanding of stigma, strengthen mental-health and professional-training systems, and bridge the gap between research and real-world change.





2024-2025

RESEARCH CENTERS

Centre of Education and Research on Positive Youth Development (CERPYPD)

The Centre of Education and Research on Positive Youth Development at Lakehead University is dedicated to generating and sharing research-based knowledge about children, youth, and their well-being. Our research focuses on key areas including mental health, substance use, education, and youth justice. We are committed to improving access to valuable information, especially for individuals and organizations in northern and rural communities. Our Centre undertakes strength-based research across multiple sectors that support children, youth, families and caregivers. We prioritize building collaborative partnerships with youth serving organizations to optimize the emotional, social, behavioural and academic outcomes of children and youth.

Centre for Research on Safe Driving (CRSD)

Our mandate is to contribute to the reduction of traffic-related injuries through the understanding of the fundamental processes that support safe driving and through the development of interventions to optimize road safety. The Centre's specific goals are as follows:

- Foster interdisciplinary collaboration towards safe driving.
- Provide a nurturing environment for students to support the development of the next generation of researchers (junior faculty, graduate and undergraduate students).
- Contribute to the body of knowledge regarding safe driving.
- Support initiatives to reduce traffic-related injuries and crashes.
- Develop a reputation for high-quality research at the provincial, national, and international levels.

<https://www.lakeheadu.ca/centre/crsd>

Centre for Rural and Northern Health Research (CRaNHR)

The Centre for Rural and Northern Health Research (CRaNHR) engages in collaborative research and evaluation projects with rural, northern, and Indigenous communities and organizations across the country. CRaNHR Lakehead continues to develop its program of research to support priority areas specifically around the areas of Indigenous Research, and Health Research Across the Life Span. Our objectives are to: contribute to existing knowledge on rural, northern, and Indigenous health; provide evidence that supports policy makers, planners, and decision makers in understanding and improving service delivery; evaluate factors influencing health status and determinants of health; explore factors that facilitate or impede access to rural and northern health care; evaluate best practices for education, recruitment, and retention of health professionals and paraprofessionals in the north; create meaningful academic and community health research partnerships; connect Lakehead researchers with an interest in health from diverse backgrounds and methodological approaches; provide opportunities for faculty, undergraduate, and graduate student mentoring and training with a focus on applied research and evaluation, community engagement, and knowledge transfer; develop research and evaluation capacity in rural and northern regions by mentoring practice- and community-based researchers; and foster knowledge transfer and exchange activities with our diverse community partners. Over the past two years, CRaNHR has partnered with the City of Thunder Bay, the Ontario Ministry of the Solicitor-General, and the national ACCESS Open Minds Indigenous Mental Health and Wellness Network on multiple projects. It also received a four-year grant from the Public Health Agency of Canada to deliver and evaluate community-based youth violence prevention initiatives. Through these projects, CRaNHR continues its legacy in contributing to the knowledge on rural, northern, and Indigenous health and providing evidence that can be used to improve health and health services for northern

<https://www.lakeheadu.ca/research-and-innovation/facilities-centres/rural-northern-health>

Centre for Education and Research on Aging & Health (CERAH)

The mission of the Centre for Education and Research on Aging & Health is to conduct high quality knowledge translation, rigorous research and education to advance health and social care promoting the health & wellbeing of people aging across the life cycle.

Key priorities include:

- Aging in Place
- Dementia and Senior's Mental Health
- Indigenous People's Health & Aging
- Palliative Care

CERAH remains committed to provide high-quality, innovative and accessible education across Canada. This includes offering workshops online, and in remote Northern communities. This October 2025, CERAH hosted its first National conference combining all 4 divisions under the theme Aging Across the Life Cycle where 300 delegates from across the country and beyond gathered to share knowledge and strengthen connections across the field of aging and health. Research is conducted by Centre staff, graduate students, and research affiliates from various universities and research institutes across Canada. This extensive research network provides a solid foundation for exciting interdisciplinary national projects. Current research interests include Dementia, Grief, Medical Assistance in Dying, Palliative Care for underserved groups and Trauma Informed Wound Care.

EPID@Work (Enhancing the Prevention of Injury and Disability at Work)

EPID@Work is a community-driven research institute focused on conducting high-quality, transdisciplinary research in the areas of workplace health, safety, and wellbeing - particularly within the unique context of Northwestern Ontario. Funded by the Ministry of Labour, Immigration, Training and Skills Development, EPID@Work aims to bring together community and academic professionals to conduct research that is meaningful to all involved. Our research is grounded in collaboration and brings together academics, employers, workers, community organizations, and policymakers to co-create knowledge that is relevant to those who live and work in our region.

EPID's work spans a range of research themes, including mental health in the workplace; equity, diversity, and inclusion; and knowledge mobilization and implementation. Our most comprehensive study to date, the Northwestern Ontario Workplace and Worker Health Study (NOWWHS), is the largest cohort study ever conducted in the region and aims to examine how workplace factors affect health and wellbeing over time. Information generated from our research informs practice and policies aiming to improve health and social outcomes in Northwestern Ontario and beyond.

Centre for Health Care Ethics (CHCE)

The Centre for Health Care Ethics (CHCE) has a mission to foster high quality ethical health care through research, education, and capacity building. It is our vision and purpose to fully support people in Northwestern Ontario to make ethical decisions in health care. For over 20 years, the CHCE has provided forums for interdisciplinary dialogue and exchange of evidence-informed information between educators, students, members of various health care professions, researchers, administrators/senior leadership, and members of the public. The Centre's activities are supported by its membership of ethics champions from academic and clinical organizations in Thunder Bay and the Northwestern Ontario region. The CHCE serves as a hub for information, education, and collaboration. We are proud to host a shared bioethicist and actively engage with local, regional, provincial, national, and international ethics communities. As a proud bioethics unit with UNESCO's International Network of the UNESCO Chair in Bioethics (Haifa), the CHCE contributes to conversations in ethics across the globe.

<https://www.lakeheadu.ca/research-and-innovation/facilities-centres/health-ethics>



2024-2025

NEW FACULTY



Dr. Sila Demir

Sila Demir is an Assistant Professor in the Department of Psychology at the Orillia campus. Prior to joining Lakehead University, she completed a postdoctoral fellowship at the Centre for Addiction and Mental Health (CAMH) in Toronto and held faculty and administrative positions at universities in Türkiye and Cyprus.

Sila's research applies social psychological perspectives to understand how individual differences and social factors interact to shape human behaviour, particularly in interpersonal, health, and safety-related contexts.

Her work is organized around two complementary lines of research. The first line investigates how social influence and individual differences impact health and safety behaviours. Using a multi-method approach, she examines the role of social norms in decision-making related to driver behaviour, organ donation, vaccination, and other preventive health practices. The second line of research examines the interpersonal aspects of the self and personality, and their effect on well-being. This work explores how self-presentation and social comparison (an external focus on others) relate to interpersonal behaviours and mental health. This work also extends to projects investigating the motivations behind social media use among adults in Ontario and the gender-based mental health experiences of medical students across the province.



Dr. James Kim

Dr. James Kim is an Assistant Professor in the Department of Psychology at Lakehead University's Thunder Bay campus. He is an interdisciplinary social psychologist interested in how people's health and well-being are impacted by their close relationships.

James' research bridges the fields of relationship science and sexuality to identify key factors that influence the formation and maintenance of satisfying relationships. His research spans a range of topics, including how individuals meet their relational needs, how partners navigate sexual disagreements, and how couples can maintain intimacy across major life transitions. He uses quantitative and multi-method approaches, including longitudinal and dyadic designs, online methods, and advanced statistical modeling, to capture relationship processes as they unfold across contexts. He is committed to collaborative open-science practices that help make psychological science more robust and accessible. Broadly, his work aims to generate insights that inform education, interventions, and public conversations about healthy relationship dynamics.

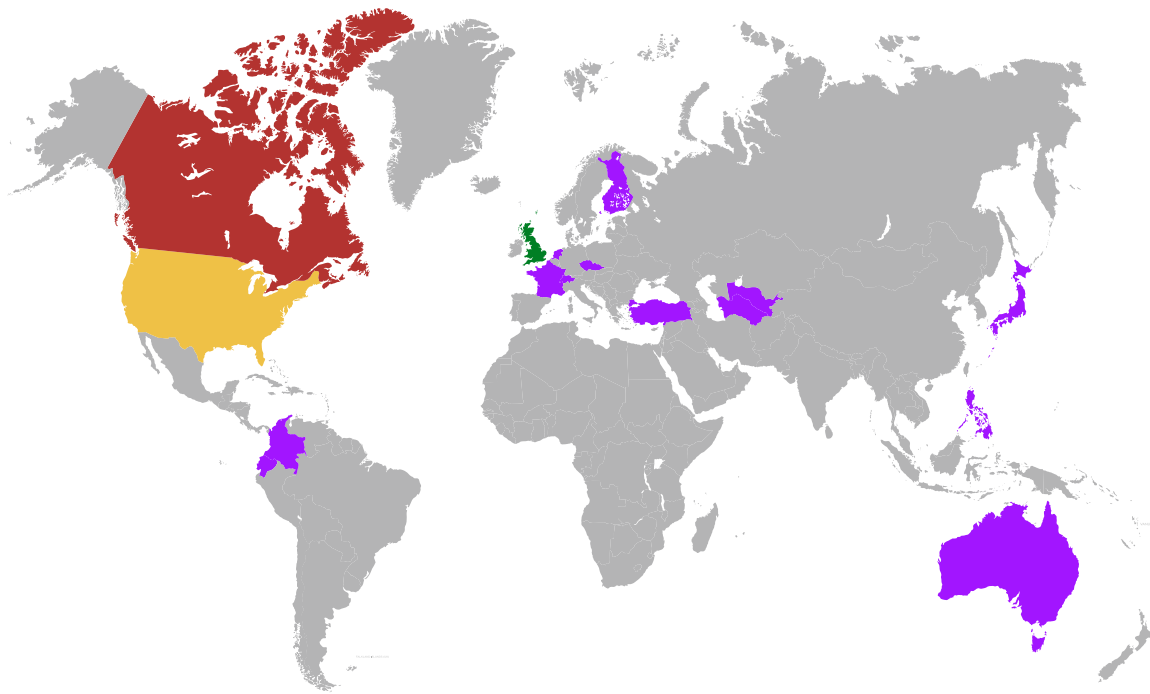
James received his PhD from the University of Toronto and joins Lakehead after postdoctoral fellowships at Western University and the University of Waterloo. He holds an Adjunct Assistant Professor appointment in the Department of Sexualities, Relationships, and Families at St. Jerome's University at the University of Waterloo. His research is regularly supported by the Social Sciences and Humanities Research Council of Canada (SSHRC).

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2024-2025

PEER REVIEWED CONFERENCE PRESENTATIONS

MAS



CANADA

1. Thunder Bay, Ontario
2. Toronto, Ontario
3. Hamilton, Ontario
4. Sault Ste. Marie, Ontario
5. Vancouver, Ontario
6. Ottawa, Ontario
7. Halifax, Nova Scotia
8. Calgary, Alberta
9. St. John's, Newfoundland
10. Victoria, British Columbia
11. Wolfville, Nova Scotia
12. London, Ontario
13. Banff, Alberta
14. Winnipeg, Manitoba
15. Vancouver, British Columbia
16. Montreal, Quebec
17. St Catharines, Ontario
18. Quebec City, Quebec
19. Charlottetown, Prince Edward Island
20. Gatineau, Quebec
21. Kelowna, British Columbia
22. North Bay, Ontario
23. Edmonton, Alberta
24. Richmond Hill, Ontario
25. Windsor, Ontario
26. Kingston, Ontario

UNITED STATES

1. Anaheim, California
2. San Francisco, California
3. Longbeach, California
4. Seattle, Washington
5. Charleston, South Carolina
6. Washington, DC
7. Denver, Colorado
8. Los Angeles, California
9. Phoenix, Arizona
10. Clearwater Beach, Florida
11. Baltimore, Maryland
12. Kansas City, Missouri
13. Ann Arbor, Michiga

ENGLAND

1. Manchester, England
2. Newcastle-Upon-Tyne, England
3. London, England

BEYOND

1. Bogota Colombia
2. Bern, Switzerland
3. Adelaide, Australia
4. Prague, Czech Republic
5. Rotterdam, Netherlands
6. Helsinki, Finland
7. Paris, France
8. Riobamba, Ecuador
9. Tokyo, Japan
10. Istanbul, Turkey
11. Bishkek, Kyrgyzstan
12. Dushanbe, Tajikistan
13. Cebu, Philippines

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Impact Testing Science

2024-2025

JOURNAL ARTICLES



- Adduono, K., Siao, S.-F., Work, B., Huang, C. Y., Chen, C. C.-H., & Boehm, L. M. (2025). ABCDEF bundle implementation for improved respiratory failure outcomes. *Critical Care Nursing Clinics of North America*, 0(0). <https://doi.org/10.1016/j.cnc.2025.05.004>
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- Ball, G. D. C., Merdad, R., Birken, C. S., Cohen, T. R., Goodman, B., Hadjiyannakis, S., Hamilton, J., Henderson, M., Lammey, J., Morrison, K. M., Moore, S. A., Mushquash, A. R., Patton, I., Pearce, N., Ramjist, J. K., Rhyason Lebel, T., Timmons, B. W., Buchholz, A., Cantwell, J., Cooper, J., Erdstein, J., Fitzpatrick-Lewis, D., Hatanaka, D., Lindsay, P., Sajwani, T., Sebastianski, M., Sherifali, D., St. Pierre, J., Ali, M. U., Wijesundera, J., Alberga, A. S., Ausman, C., Baluyot, T. C., Burke, E., Dadgostar, K., Delacruz, B., Dettmer, E., Dymarski, M., Esmailinezhad, Z., Hale, I., Harnois-Leblanc, S., Ho, J., Gehring, N. D., Kucera, M., Langer, J. C., McPherson, A. C., Naji, L., Oei, K., O'Malley, G., Rigsby, A. M., Wahi, G., Zenlea, I. S., & Johnston, B. C. (2025). Managing obesity in children: A clinical practice guideline. *Canadian Medical Association Journal*, 197(14), E372–E389. <https://doi.org/10.1503/cmaj.241456>
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- Bédard, M., Maxwell, H., Dubois, S., Schurr, S., Swoluk, C., Colosimo, A., Cummings, S., Weaver, B., & Stinchcombe, A. (2025). Serial trichotomization to determine fitness-to-drive: Results from a cohort of clients referred to a neurology program. *American Journal of Occupational Therapy*, 79, 7903205030. <https://doi.org/10.5014/ajot.2025.050670>
- Boynton, H., Samson, P., Vis, J.-A., & Asante, B. (2025). Exploring children's services workers' perceptions of COVID-19: Trauma, connection and creativity. *Mental Health & Prevention*, 37, Article 200382. <https://doi.org/10.1016/j.mhp.2024.200382>
- Brandão, M. G. S. A., Ximenes, M. A. M., Strachan, R., & Costa, I. G. (2024). Photodynamic therapy associated with Mesalt® in the treatment of hypergranulation in diabetic foot ulcer. *Wound Care Canada*, 22(2), 86–93. <https://doi.org/10.56885/RLJP2492>

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- Cadell, S., Wright, D. K., Dosani, N., Cherblanc, J., Breen, L., Aoun, S., Kortés-Miller, K., & Macdonald, M. E. (2025). Grief and grief support needs in Canada: A mixed methods protocol. *Palliative Care and Social Practice*, 19, 26323524251334180. <https://doi.org/10.1177/26323524251334180>
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CONTACT US

Dr. Mirella Stroink

Dean of the Faculty of Health and Behavioural Sciences
mstroink@lakeheadu.ca

Cindy Vivier

Assistant to the Dean
fhbs@lakeheadu.ca

Department of Health Sciences

www.lakeheadu.ca/programs/departments/health-sciences
ewiersma@lakeheadu.ca

School of Kinesiology

www.lakeheadu.ca/programs/departments/kinesiology
ksinden@lakeheadu.ca

School of Nursing

www.lakeheadu.ca/programs/departments/nursing
kristen.jones@lakeheadu.ca

Department of Psychology

www.lakeheadu.ca/programs/departments/psychology
rgklein@lakeheadu.ca

School of Social Work

www.lakeheadu.ca/programs/departments/socialwork
lfleisch@lakeheadu.ca