

21ST ANNUAL

# CROSSROADS INTERDISCIPLINARY HEALTH RESEARCH CONFERENCE

CONFERENCE PROGRAM



IMPROVING ACCESS &  
INCLUSION THROUGH  
COLLABORATIVE  
HEALTH SOLUTIONS

**MARCH 7-8, 2025**

DALHOUSIE UNIVERSITY | HALIFAX, NS



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# LAND ACKNOWLEDGEMENT

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*We would like to acknowledge that the proceedings of the 21st Annual Crossroads Interdisciplinary Health Research Conference occurs in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq. We are all Treaty people. We also acknowledge the histories, contributions, and legacies of the African Nova Scotian people and communities who have been here for over 400 years.*

*As we gather for this conference, we recognize our collective responsibility to honor these treaties and histories and work toward reconciliation and equity. We invite all participants to reflect on the history of this land and its peoples and to consider how we can contribute to meaningful and respectful relationships that uphold the principles of equity, inclusion, and justice as we move forward together.*

# FOREWORD FROM THE CO-CHAIRS

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Welcome to the 21st Annual Crossroads Interdisciplinary Health Research Conference! We are thrilled to have you join us for this year's gathering of passionate students, professionals, and advocates who share our commitment to making a lasting impact.

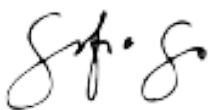
Crossroads is a student-led, peer-reviewed academic conference that is hosted by graduate students within the Faculty of Health at Dalhousie University. This event is unique in that it considers health from an interdisciplinary lens and brings together some of the most promising student health researchers in Canada. We are featuring presentations from over 100 students from across the country.

This year's theme, 'Improving Access & Inclusion Through Collaborative Health Solutions', reflects our aspirations to address the challenges and opportunities of access and inclusion as it relates to health and well-being in communities. Over the course of the conference, we will explore diverse perspectives, share meaningful research, and celebrate the important work that defines our communities.

Thank you to our dedicated planning committee, whose tireless efforts have brought this conference to life, and to the speakers and participants who have traveled near and far to contribute to this conference.

As we go through this journey together, we encourage you to actively engage, ask questions, and share your ideas. We look forward to our time together.

Sincerely,



Sofia So  
Co-Chair



Maggie Locke  
Co-Chair



# SCHEDULE

## DAY 1

### MAR 07

**Paul O'Regan Hall**

Halifax Central Library

#### SOCIAL EVENT

**Bliss Caffeine Bar**

1451 South Park St. Halifax

**6:00 - 9:00 PM**

**6:00 PM** - Mix & Mingle  
(Food & Drink Provided)

**7:00 PM** - Music Bingo

**8:00 PM** - Stand Up  
Comedy by Bright Club  
Halifax (Health Edition)

**9:00 AM**    **REGISTRATION & BREAKFAST**

**10:00 AM**    **OPENING REMARKS**

Opening Remarks from Crossroads  
Co-Chairs & the Healthy Populations  
Institute

**10:15 AM**    **PANEL 1**

Universal Design in Healthcare

**11:15 AM**    **REFRESHMENT BREAK**

**11:30 AM**    **MINI-COURSE / WORKSHOP**  
**PAUL O'REGAN HALL / BMO**  
**COMMUNITY MEETING ROOM**

**12:30 PM**    **LUNCH**

**1:30 PM**    **PANEL 2**

Improving Access to Healthcare  
Through e-Health

**2:30 PM**    **REFRESHMENT BREAK**

**2:45 PM**    **KEYNOTE**  
**PRESENTATION**

**3:45 PM**    **CLOSING REMARKS**

# SCHEDULE

## DAY 2

### MAR 08

#### Collaborative Health Education Building

Dalhousie University

**9:00 AM** REGISTRATION &  
BREAKFAST  
Room C170

**9:45 AM** OPENING  
REMARKS  
Room C170

**10:00 AM** ORAL  
PRESENTATION  
SESSION #1  
Rooms C170, C220,  
C221, C266, C268

**11:15 AM** REFRESHMENT  
BREAK  
Room C170

**11:30 AM** POSTER  
PRESENTATION  
SESSION #1  
Rooms C140 & C150

**12:15 PM** LUNCH  
Room C170

**1:00 PM** POSTER PRESENTATION  
SESSION #2  
Rooms C140 & C150

**1:45 PM** ORAL PRESENTATION  
SESSION #2  
Rooms C170, C220,  
C221, C266, C268

**3:00 PM** REFRESHMENT  
BREAK  
Room C170

**3:15 PM** POSTER PRESENTATION  
SESSION #3  
Room C140 & C150

**4:00 PM** KEYNOTE PRESENTATION  
Rooms C140 & C150

**5:00 PM** AWARDS & CLOSING  
REMARKS  
Rooms C170

# SPONSOR PROFILES

## PLATINUM

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### FACULTY OF HEALTH

Our professional programs are unique in Atlantic Canada. This is the place to study Mental Health and Addictions, Advance Practice Nursing, Clinical Vision Science, Communication Sciences and Disorders (Audiology and Speech-Language Pathology), Health Promotion, Health Sciences, Occupational Therapy, Physiotherapy, and Therapeutic Recreation. We offer unparalleled opportunities for interprofessional education, ensuring all students graduate with experience working as part of a collaborative health team. Our Collaborative Health Education Building brings together students from across 3 health faculties and more than 40 health related programs at Dalhousie to learn about, from and with one another. Our students participate in meaningful and engaging clinical practicum placements in rural and urban settings throughout Atlantic Canada, including interprofessional student team placements. Our PhD in Health program is the only one of its kind in Canada to foster extensive, multidisciplinary research at the PhD level. In January 2023 our Faculty launched Centering Black Canadian Health (HLTH 2000) the first-ever undergraduate elective available to students across the Faculty of Health. HLTH 2000 introduces learners to Black Canadian communities, particularly the history and unique experiences of African Nova Scotians. In Fall 2023, the first Africentric Bachelor of Social Work (ABSW) Cohort program commenced. The part-time, three-year program was open to Black/African Nova Scotian learners from across the province and learners of African ancestry living in Canada. Participants are learning from Dalhousie faculty members of African Nova Scotian/African ancestry, using a curriculum developed by an Africentric Bachelor of Social Work community-based advisory committee.



**DALHOUSIE**  
UNIVERSITY

HEALTH

# SPONSOR PROFILES

## PLATINUM


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### CUPE NOVA SCOTIA

CUPE Nova Scotia represents over 22,000 members in 140 locals across the province who provide quality public services in long term care, schools, hospitals, municipalities, child care, universities, highways, social services, home support, transition homes, emergency services, airlines and more. As a union, we work together for a better standard of living, wages, pensions and health benefits, as well as safe working conditions – for all. Our members are proud to deliver the quality public services needed to maintain a strong economy and healthy communities.

**TO LEARN MORE ABOUT CUPE NS, [CLICK HERE.](#)**



A close-up photograph of a child's arm and hand. The arm is resting on a white surface. A clear plastic IV tube is connected to a small blue and white device on the back of the hand. The tube runs along the arm. The child's hand is slightly clenched.

**One in five kids  
endure chronic  
pain. Can a new  
treatment standard  
soothe it?**

**DAL**  
**solutions**  
Where ideas meet impact

From advocacy for the most vulnerable to industry-shifting innovations, from life-extending discoveries to interventions against global warming—our researchers are driving change.



**LEARN MORE**



# SPONSOR PROFILES

## GOLD

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### RESEARCH NOVA SCOTIA

Research Nova Scotia supports, organizes, and coordinates research. With the curiosity to imagine a better world, and the determination to make it real, we champion the people and resources needed to improve the lives of Nova Scotians.

Our research strategy has been organized into four areas: sustainable bioeconomy, climate change adaptation and resilience, healthy people and health care systems, and improved quality of life for Nova Scotians, representing some of the most pressing needs of the province. Each area is made up of four corresponding missions, which help to give shape to the ways research can contribute to achieving progress for Nova Scotia.



# SPONSOR PROFILES

## SILVER

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### MACEACHEN INSTITUTE FOR PUBLIC POLICY AND GOVERNANCE

The MacEachen Institute for Public Policy and Governance at Dalhousie University is a nationally focused, non-partisan, interdisciplinary institute designed to support the development of progressive public policy and to encourage greater citizen engagement.

The institute looks at progressive ways to tackle public policy and governance issues through open discussion with a variety of informed players and aims to serve as the “go to” place provincially, regionally and nationally for rich, robust public policy debate, discussion and research. The MacEachen Institute at Dalhousie University engages scholars, students and community members in the development of policy options, policy research and other outputs of the institute.

**MacEachen**  
INDEPENDENT. INFORMED.

# SPONSOR PROFILES

## BRONZE

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### HEALTHY POPULATIONS INSTITUTE

The Healthy Populations Institute (HPI) is a multi-faculty research institute at Dalhousie University and knowledge mobilization hub that aims to improve population health and health equity in Atlantic Canada and beyond by understanding and influencing the complex conditions that affect the health of communities. Our Mission: HPI is a leading multi-faculty research institute that creates knowledge and mobilizes evidence to improve population health and health equity in Atlantic Canada and beyond. Our Vision: Collaborate across research disciplines and sectors to create new knowledge and mobilize evidence for healthy populations. Connect researchers with system partners and the community to ensure that transdisciplinary population health research and associated knowledge products are solutions-based and addresses regional, national and international priorities. Change population health of individuals, communities, and under-served populations by translating research into action. To realize our vision, our strategic approach is two-fold: 1- We focus our attention on five population health 'Flagship Projects' to concentrate efforts and foster greater impact, including: Creating Sustainable Health Systems in a Climate Crisis Putting "Oral Health is Health" into Action Improving the Health Outcomes of People of African Descent Developing Meaningful Indicators to Measure Population Health and Health Equity in Health Systems Designing Supportive Environments for Chronic Disease Prevention 2- The second pillar of our approach is to capitalize on our knowledge translation (KT) strength and provide KT support to our Flagship Projects and HPI members. We focus on integrated KT (iKT) by engaging with knowledge user communities through a diversity of partner engagement activities, such as roundtables, advisory committees, etc. We also focus on end of grant KT (EoGKT) and more effectively translating population health research into change.



# PANELIST PROFILES

## PANEL 1: UNIVERSAL DESIGN IN HEALTHCARE

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### DR. JOSHUA ST. PIERRE (HE/HIM)

#### **Assistant Professor and Canada Research Chair in Critical Disability Studies**

Dr. St Pierre is Assistant Professor of Political Science at the University of Alberta, Canada Research Chair (Tier 2) in Critical Disability Studies, and Principle Investigator of the Stuttering Commons. Dr. St. Pierre's research seeks to make interventions on both theoretical and practical fronts. Working at the intersection of dysfluency studies, critical disability studies, and contemporary political theory, his research focuses on the interplay of communication and disability within information societies. His work also seeks to conceptualize and generate resources for radically accessible and hospitable communicative practices. His first monograph is titled Cheap Talk: Disability and the Politics of Communication, published by University of Michigan Press. He is an avid gardener.



### DR. JUDY MACDONALD (SHE/HER)

#### **Director and Professor in the School of Social Work**

Dr. MacDonald identifies as a (dis)Able woman who has lived with chronic pain for over 35 years. She is a Professor, Director of the School of Social Work, and Assistant Dean (Equity & Inclusion) within the Faculty of Health, Dalhousie University. Her areas of research are disability rights, inclusion and access. She is past co-chair of the Persons with Disability Caucus of CASWE for over twenty years, and founder of the Staff and Faculty (dis)Ability Caucus at Dalhousie University. She continues to support students with disabilities through their research and life story writings. Judy has influenced an Employee Accommodation Policy at Dalhousie U., a student accommodation policy at the School of Social Work which identified an accommodations officer within the school, and she is currently on numerous committees within Dalhousie addressing issues of access and accommodations.

# PANELIST PROFILES

## PANEL 1: UNIVERSAL DESIGN IN HEALTHCARE

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### **COLLEEN DIGGINS (SHE/HER)**

**Occupational Therapist, Interim Manager of Operations, Rehabilitation Services, IWK Health, and Adjunct Professor at the School of Occupational Therapy**

Colleen is an Occupational Therapist with 23 years of practice experience in Pediatrics and Rehabilitation and Adjunct Professor at the School of Occupational Therapy, Dalhousie University. She has been at the IWK Children's Hospital for almost 20 years and is currently the Interim Manager of Operations for IWK Rehabilitation. She has past experience as the IWK Professional Practice Leader of Occupational Therapy and has spent most of her career working with school aged children experiencing disability. Advocating for universal design and universal design for learning has been a critical part of my practice in all my roles so children, youth, and adults with diverse ways of knowing and doing can access and experience their environments as fully and as possible without the need for specific adaptations. Colleen completed her Master of Science (Occupational Science) degree in 2023 at Dal; her Master's research focused on understanding the invisible work mothers do in pursuit of inclusive early learning and childcare for their children who experience disability in Nova Scotia. She continues to do research in Dr. Shanon Phelan's lab around topics such as inclusion, accessibility, and ableism. Colleen values inclusion, accessibility, belonging, and equity in her work.



# PANELIST PROFILES

## PANEL 2: IMPROVING ACCESS TO HEALTHCARE THROUGH E-HEALTH

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### DR. LORI WOZNEY (SHE/HER)

#### **Assistant Professor and Sun Life Chair in Youth Mental Health**

Dr. Wozney pursues research that advances dialogue between scientists, policymakers, and people with lived experiences to challenge legacy approaches to mental health services and create equitable services for youth in the future. She collaborates on multiple national and local teams at the intersections of mental health, community health, emergency medicine, computer-science, and social innovation. Key areas of her current research are the integration of health technology, learning health systems, whole-of-system innovation and health equity.



### SAHIL CHAWLA (HE/HIM)

#### **Solutions Consultant at Global Spatial Technology Solutions**

Sahil, a graduate of the Bachelor of Applied Computer Science program at Dalhousie University, is currently working as a Solutions Consultant at GSTS. Passionate about innovation and mental health, he actively pursues creative projects while advocating for community well-being. As an international student, Sahil championed mental health awareness on campus and contributed to skill-building initiatives through his roles at ShiftKey Labs and the Faculty of Computer Science. He also mentors junior students, guiding them through their transition to university life and sharing insights to help them adapt and thrive.

# PANELIST PROFILES

## PANEL 2: IMPROVING ACCESS TO HEALTHCARE THROUGH E-HEALTH

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### DR. RITA ORJI (SHE/HER)

#### **Professor and Canada Research Chair in Persuasive Technology**

Dr. Orji is a Canada Research Chair in Persuasive Technology and a Computer Science Professor at Dalhousie University, Canada where she directs the Persuasive Computing Lab. Her research at the intersection of technology and human behaviour focuses on designing interactive technologies to empower people, improve lives, and contribute to solving many societal problems. Specifically, technologies that integrate into people's daily lives and support them to achieve various self-improvement goals. She applies her work to tackle real-life problems in various domains including improving a wide range of health and wellness objectives such as mental health, healthy eating, physical activity, smoking cessation, sexual and other health risk behaviours. With over 260 peer-reviewed papers, Dr. Orji has won over 60 prestigious awards and recognitions nationally and internationally in recognition of her work in this area. Recently, she received the Outstanding Young Computer Science Researcher Awards from Computer Science Canada and was named among the Top 150 Canadian Women in Science, Technology, Engineering, and Mathematics (STEM), Top 60 African Women in STEM, Top 100 Canada's Most Powerful Women, Top 100 Nigeria's Leading Women, admitted into the Royal Society of Canada and the Global Young Academy. She is a renowned speaker who has delivered 29 keynotes and over 100 invited talks and other presentations. Dr. Orji is a recognized STEM diversity ambassador who is passionate about inspiring the next generation of youths and female tech leaders, promoting research excellence, equity, diversity, and inclusion in STEM. She also consults and serves as a board member for many agencies and is a highly sought-after speaker and mentor who broke the barriers of growing up in a disadvantaged background and making a great impact on the global stage.

# MINI-COURSE OVERVIEW

## DALHOUSIE SOCIAL WORK COMMUNITY CLINIC: THINKING ABOUT STUDENT LEARNING AND SERVICE DELIVERY FROM AN INTERPROFESSIONAL AND SOCIAL JUSTICE LENS

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### MEAGEN BOWERS (SHE/HER)

#### Social Work Community Clinic Coordinator

Meagan is a registered social worker and Clinic Coordinator at the Dalhousie School of Social Work Community Clinic. She has a Bachelor of Social Work degree and completed her practicum at the clinic 7 years ago. Since being a practicum student, she has been in various roles at the clinic including a Case Manager then a Housing Support Worker to a Clinic Coordinator. She had a wonderful experience being a student at the clinic and found the value of having a supportive team to foster her professional skills, as such, she carries this value and passion into the education she provides students who complete their practicum at the clinic as a Coordinator.



### KALE POWER (HE/HIM)

#### Bachelor of Social Work Student



### SARAH MCKNIGHT (SHE/HER)

#### Bachelor of Social Work Student

### WORKSHOP DESCRIPTION:

The purpose of this course is to introduce the student(s) to the Dalhousie Social Work Community Clinic in all its intricacies – highlighting its grassroots genesis, its engagement with the university and government, its relationship building with other community services both formal and informal, and its deep focus upon interprofessional health student practice education. The course focuses upon the ways in which the Clinic offers services from an anti-oppressive/social justice framework; how it collaborates with other services in the city; how it has developed an intentional interprofessional lens of service delivery; and last, its important emphasis upon health students' integration of theory and practice. Throughout the course, learners engage with interprofessional theory as well as deep embodied interprofessional practice (i.e., exploring team functioning/communication strategies, relationship-focused care services/client centered services, etc.) through guest lectures, readings assigned to the course, and case examples.

# WORKSHOP OVERVIEW

## CRAFTING SOCIAL CHANGE: THE TRANSFORMATIVE POTENTIAL OF ARTS-BASED QUALITATIVE RESEARCH METHODS

### DR. SHANON PHELAN (SHE/HER)

#### Assistant Professor and Director of the SHIFT Collective

Dr. Phelan is an associate professor at the School of Occupational Therapy, Faculty of Health, Dalhousie University. She is a critical qualitative researcher whose research program focuses on understanding and improving opportunities for inclusion, belonging, and agency for children and young people who experience disability and their families. Within her program, she has three main objectives: 1) to reimagine inclusion in the context of child culture and childhood disability; 2) to develop methodological innovations and creative, inclusive methods to meaningfully engage children and young people in research; and 3) to contribute to theoretical advancements in understanding childhood disability, children's culture, and inclusion. Dr. Phelan draws heavily on critical disability theory, the neurodiversity paradigm, and intersectional and feminist approaches to illuminate inequities and injustices experienced by disability, neurodivergent and neurominority communities. She directs the SHIFT Collective: Shifting How we think about Inclusion For Tomorrow, a group of researchers, graduate students, and trainees who are deeply committed to the inclusion, belonging, health, and well-being of people who experience disability.



### WORKSHOP DESCRIPTION:

Arts-based methods are increasingly acknowledged as generative tools for illuminating nuanced human experiences, deepening understanding, challenging research conventions, and improving access and inclusion in research. During this session, participants will exchange ideas about the ways researchers may employ arts-based methods to: 1) foster inclusive research; 2) elicit in-depth interviews, multiple perspectives, and different ways of knowing; 3) co-create and construct understandings with participants and co-researchers; and 4) facilitate opportunities for participant and researcher reflexivity. Through dialogue and participation in small groups, participants will explore the transformative potential of arts-based qualitative research methods and engage in an arts-based activity.

# KEYNOTE SPEAKER PROFILES

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## DAY 1

### PAUL TINGLEY (HE/HIM)

**Infrastructure & Accessibility Lead at Communities, Culture, Tourism and Heritage Department (CCTH) and President of Able Sail Canada**

Paul is the Infrastructure & Accessibility Lead at the Communities, Culture, Tourism, and Heritage Department (CCTH). He is also the President of Able Sail Canada. Paul spent 18 years as a para-sailor with the Canadian Sailing Team, winning Gold in 2008. Afterwards, he developed para-sport programs in Nova Scotia for 5 years, and now works at CCTH to build accessibility for Businesses and Community groups.



## DAY 2



### DR. JOSHUA ST. PIERRE (HE/HIM)

**Assistant Professor and Canada Research Chair in Critical Disability Studies**

Dr. St Pierre is Assistant Professor of Political Science at the University of Alberta, Canada Research Chair (Tier 2) in Critical Disability Studies, and Principle Investigator of the Stuttering Commons. Dr. St. Pierre's research seeks to make interventions on both theoretical and practical fronts. Working at the intersection of dysfluency studies, critical disability studies, and contemporary political theory, his research focuses on the interplay of communication and disability within information societies. His work also seeks to conceptualize and generate resources for radically accessible and hospitable communicative practices. His first monograph is titled Cheap Talk: Disability and the Politics of Communication, published by University of Michigan Press. He is an avid gardener.



# ORAL PRESENTATIONS

DAY 2

SESSION 1: 10:00AM-11:15AM

ROOM: C170

Theme: Clinical Health

Adjudicators: Folake Awoyiga & Dr. Paula Rushton

Presentation Title	Presenter
A Way Forward: a scoping review identifying interventions to mitigate burnout in critical care nurses	Madison Hickey
Comparison of the effects of doxycycline and povidone iodine in treatment of pleural effusion; an open label randomize	Armin Hajizadeh
YOGA Fit: Protocol for a Pilot Crossover Trial Investigating Feasibility and Impact of Yoga for Chronic Stroke Survivors	Dru Pierson
Impacts of a Physical Activity Program on Cognition and Physical Activity outcomes in People with Acquired Brain Injury	Sophie Inkpen
The associations between muscle function and post-TKA for patients with end-stage knee OA are sex specific	Olivia Crewe

# ORAL PRESENTATIONS

DAY 2

SESSION 1: 10:00AM-11:15AM

ROOM: C220

Theme: Recreation and Leisure

Adjudicators: Maggie Locke & Dr.Kathleen MacLean

Presentation Title	Presenter
Exploring Factors Influencing Participation in Intergenerational Play in Nova Scotia, Canada	Caitlyn MacRae
Empowering diverse youth voices to enhance equitable access to nature and wellbeing in Nova Scotia: a photovoice study	Agustina Cohen
Leisure's connection to autistic burnout: A scoping review	Emma Mader
Evaluation of 'Keep Moving' at the Canada Games Complex	Kylee Henson
Breaking Play Boundaries & Redefining Play Spaces: Outdoor Loose Parts & Inclusive Play in Before and After Schools	Leila Bautista

# ORAL PRESENTATIONS

DAY 2

SESSION 1: 10:00AM-11:15AM

ROOM: C221

Theme: Health Policy

Adjudicators: Dr. Becky Feicht & Dr. Austin Oswald

Presentation Title	Presenter
The Side Effects of OHIP's Gender Affirming Surgery Funding Regime: A Section 12 Charter Analysis	Jess Abramson
Supporting Donors and Attorneys: A Study of Power of Attorney Resources in Nova Scotia	Dianna Burns
An Investigation of Legislation Governing the Release of Pollutants into the Atmosphere	Hannah Reid
Assessing Public Health Policy Alignment with EDIRA and ARAO in Nova Scotia, Canada	Mekeda Ferron
Representations of Track 2 MAiD in Canadian News Media	Nicholas Turkovich

# ORAL PRESENTATIONS

SESSION 1: 10:00AM-11:15AM

ROOM: C266

Theme: Population Health  
Adjudicators: Dr. Michelle Stone & Julia Kontak

Presentation Title	Presenter
A Review of School-Based Nursing-Sensitive Outcomes of Children with Chronic Illnesses: A Call for Canadian Research	Sarah Keeping
IWK's Transition to Adult Care Framework: Integrating a coordinated, consistent structure into transition practice	Amanda Higgins
Exploring the barriers and facilitators of CQI for health promotion within healthcare food environments	Laura Kennedy
Toward Global Health Equity in Endometriosis: A Relational Framework for Canadian Policy Reform	Aminah Haghighi

# ORAL PRESENTATIONS

DAY 2

SESSION 1: 10:00AM-11:15AM

ROOM: C268

Theme: Health Inequity

Adjudicators: Joshua Yusuf & Dr. Matthew Numer

Presentation Title	Presenter
Tuberculosis Related Knowledge, Attitudes, and Practices among Healthcare Workers in Atlantic Canada	Harold Oh
Exploring Interprofessional Education for Collaborative Practice (IPECP) in Oral Health Education: A Scoping Review	Lindsay Van Dam
Improving Accessibility of COVID-19 Vaccine Information for Adults with IDD: Insights from a Co-Produced Canadian Survey	Yousef Safar
Exploring Challenges in Canadian Women's Retirement Transition	Divjot Kaur
Barriers in Healthcare Institutions in Nova Scotia for People Living with Sight Loss	Tyler Herod



# ORAL PRESENTATIONS

DAY 2

SESSION 2: 1:45PM-3:00PM

ROOM: C170

Theme: Human Movement Science & Kinesiology

Adjudicators: Dr. Michelle Stone & Dr. Paula Rushton

Presentation Title	Presenter
Exploring the subjective experiences of motor imagery: A qualitative study	Juliet Rowe
The SHINE Program: A Pilot Study Examining Mentorship as an Exercise Promotion Tool Among Undergraduate Women Initiates	Madeline Fabiano
Indigenous voices: Exploring pathways of Indigenous post-secondary student-athletes	Megan Tomy
Prevalence of Frailty in Long-term Care Residents in Relation to Cardiovascular Disease	Kaela Trumble
Muscle Strength & Mobility in Knee Osteoarthritis: A Systematic Review of Assessment Techniques	Anne Doan

SESSION 2: 1:45PM-3:00PM

ROOM: C220

Theme: Mental Health & Wellbeing  
Adjudicators: Dr. Matthew Numer & Folake Awoyiga

Presentation Title	Presenter
The Female Experience of Early Phase Psychosis and Perceived Barriers to Accessing Early Intervention Services	Ella Hodgson-Pageau
Data Physicalization Design in approaching Revenge Bedtime Procrastination among Canadian Youth	Alexandra Shevtsova
Growing Together: Exploring Diverse Nova Scotia Youth Perspectives to Accessing Nature for Mental Health and Well-Being	Maddie Kwan
Enhancing Wellbeing for Black Women in Nonprofit Organizations	Timi Idris
Disability and Belonging, Youth Experiences with Social Inclusion in School: A scoping review	Emilee Fackelmann

# ORAL PRESENTATIONS

DAY 2

SESSION 2: 1:45PM-3:00PM

ROOM: C221

Theme: Population Health

Adjudicators: Dr. Kathleen MacLean & Dr. Laura Kennedy

Presentation Title	Presenter
Creating Flourishing Futures for Girls' Health and Wellbeing	Kate Bemrose
Factors that Influence How Pediatric Patients or Caregivers Decide to Present to an Emergency Department: Scoping Review	Emily Devereaux
Health and economic impacts of environmental pollution caused by nickel mining activities on children living in Sudbury	Rhea Mukerjee
Teachers' perspectives of the impact of physically active learning on Nova Scotian children's health and well-being	Julie Campbell
The implementation of school-based nursing programs for children with special health care needs: A scoping review	Sarah Keeping

# ORAL PRESENTATIONS

DAY 2

SESSION 2: 1:45PM-3:00PM

ROOM: C266

Theme: Health Inequity

Adjudicators: Dr. Austin Oswald & Lindsay Van Dam

Presentation Title	Presenter
2SLGBTQIA+ Healthcare Teaching in the Maritimes: An Investigation into Medical Students' Preparedness for Practice	Josiane Stadler
Understanding the experience of physical disability among people living with HIV: A Qualitative Study	Anita Shahzadi
Internalised Homophobia: impacts on health and how social bonds influence probability among men who have sex with men	Anthony Lenarduzzi
Experiences of new immigrants when trying to access or accessing emergency healthcare services in Halifax, Nova Scotia	Megi Nallbani
Participatory Indigenous Health Research in Atlantic Canada: A Scoping Review Update	Emilia Fitzgerald

SESSION 2: 1:45PM-3:00PM

ROOM: C268

Theme: Health Inequity  
Adjudicators: Dr. Becky Feicht & Joshua Yusuf

Presentation Title	Presenter
The effects of ableism in education: Spotlight on health and well-being of children with disabilities	Fatemeh Mahdizadeh Karizaki
Barriers and Enablers to Active Transportation for Adults with Physical Mobility-Related Disabilities in Nova Scotia	Leah Ladouceur
Breaking Down Barriers to Play: Exploring Risky Play Experiences of Children with Neurodevelopmental Disabilities	Winn Binks
Improving Physical Activity Measurement in Children with Chronic Medical Conditions and Disabilities: Validating a Novel Health Survey	Gabby Fera
Amplifying Youth Voice Living with a Disability through Accessibility Awareness Event	Amanda Higgins

# POSTER PRESENTATIONS

DAY 2

SESSION 1: 11:30AM -12:15PM

ROOMS: C140 & C150

Adjudicators: Dr. Michelle Stone, Chris Holland, Dr. Austin Oswald, Emily Burke, & Julia Kontak

#	Presentation Title	Presenter
1	How was the hospital?: A qualitative study of sources of distress in cardiac inpatients in a Canadian tertiary hospital.	Zoe Beiles
2	Psychosocial Factors and Recovery Outcomes in Acute Care Cardiac Inpatients: A Sex-Based Analysis	Nicole Ponto
3	From Classroom to Cubicle: A Qualitative Exploration of Health and Leisure Student Intern Mental Health	Julia Bedell
4	Exploring 2SLGBTQ+ Perspectives: Insights on Improving Mental Health Support in Nova Scotia	Maggie Byrne
5	Mental Healthcare Utilization among Traumatic Brain Injury Patients	Taylor Truong
6	Fostering Teacher Wellness to Support Movement Integration in the Classroom	Kristina Sobolewski
7	Understanding Nurse Technology Interactions Via Task Performance Analyses: A Systematic Review	Amy Doan
8	Responsibilities Across Borders: Chinese International Students' Perspectives on Future Care for Aging Parents Back Home	Yiyi Zhang

ROOMS: C140 & C150

Adjudicators: Dr. Michelle Stone, Chris Holland, Dr. Austin Oswald, Emily Burke, & Julia Kontak

#	Presentation Title	Presenter
9	Exploration of Lived Experiences of Health Inequity among Older Immigrants	Arezoo Mojbafan
10	Exploring Menopause: Beliefs, Perceptions, and Experiences of Immigrant Punjabi Women in Peel	Tanveer Randhawa
11	Assessing Societal and Individual Factors Behind Declining Mental Health in Older Immigrants	Najibah Kazi
12	Relationship of three-dimensional and two-dimensional lower extremity landing mechanics following ACL reconstruction	Ewan Galloway
13	Perceptions of Active Play and Physical Literacy in an After School Outdoor Loose Parts Intervention	Julie Campbell
14	Collaborative Clinical Approaches to Rotator Cuff Tear Management: Evaluating Pre-Surgical Outcomes	Autumn Heukshorst
15	Exploring Prosocial Impacts of Outdoor Loose Parts Play: Perspectives of Before and After School Program Staff	Leila Bautista
16	Rethinking nature connections in early childhood outdoor play pedagogy	Robyn Ashley



# POSTER PRESENTATIONS

DAY 2

SESSION 1: 11:30AM -12:15PM

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ROOMS: C140 & C150

Adjudicators: Dr. Michelle Stone, Chris Holland, Dr. Austin Oswald, Emily Burke, & Julia Kontak

#	Presentation Title	Presenter
17	Qualitative Exploration of Parental and Child's Perspectives on School Streets Pilot Program in Halifax	Chihiro Kondo
18	Motor Planning of Grasping Movements Under Target Uncertainty	Anne Lacroix
19	The impact of cyclic sighing on acute blood pressure regulation in young, normotensive adults	Chris Consmueller
20	Restorative and Enriching Visual Features in Hamilton Neighbourhoods and Greenspaces	Kelley Prendergast
21	Online Forest Bathing Reduces Symptom Severity, Rumination and Social Isolation in Adults with Impaired Mobility	Jacob von Haaften
22	Adapting Health Economic Evaluation Metrics to Incorporate Estimates of Environmental Impact	Kelachi Nsitem
23	Predictors of Return to Work Following Sprain and Strain Injuries in Nova Scotia	Kimberly Jacobs
24	Who Needs to Run? The Brain's Response to Acute Aerobic Exercise Differs Between Individuals	Allison Murphy

SESSION 2: 1:00PM -1:45PM

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ROOMS: C140 & C150

Adjudicators: Chris Holland , Emily Burke, Dr. Laura Kennedy, Dr Matthew Numer , & Folake Awoyiga

#	Presentation Title	Presenter
1	Preliminary Impact of a Standing Desk Clinical Trial on Habitual Posture and Cognition in Adults	Emily MacDonald
2	Does an Improved Dietary Pattern Reduce Gastrointestinal Symptoms and Performance-Related Stress in Elite Young Women	Sonya Fernandez
3	A Scoping Review on Non-clinical Interventions to Reduce Inequities in Palliative Care for LGBTQ+ People	Grace McIntyre
4	A legitimate cause to be bitching": Examining diagnostics narratives and functional neurological disorder	Reece Ronan
5	Investigating cilia and Sonic Hedgehog pathway in a mouse model of autism	Atefeh Kazemignods
6	Exploring the Pragmatic Profile of Autistic and Non-Autistic Children with a Newly Developed Task	Gabrielle Morin
7	Understanding the Needs of Minority Language Families with Autistic Children	Rebekah Bercovici
8	Improving Access to Literacy Development for Autistic Preschoolers: Shared Book Reading with E-books	Brinn Edgington

# POSTER PRESENTATIONS

DAY 2

SESSION 2: 1:00PM -1:45PM

ROOMS: C140 & C150

Adjudicators: Chris Holland, Emily Burke, Dr. Laura Kennedy, Dr Matthew Numer , & Folake Awoyiga

#	Presentation Title	Presenter
9	Smart Textiles and Autism Spectrum Disorder	Pedro Loredó-Ferriz
10	Health Equity-Oriented Opioid Prescription Approaches to Post-Cesarean Pain Management in Canada: A Scoping Review	Janet Kennedy
11	Community-Based and Participatory Approaches in Health Promotion	Laura Colford
12	Exploring anti-fat bias within health-related undergraduate programs	Maddie Katz
13	The Inclusion of Participants with Coiled and Curly Hair in Neuroscience: Clean Data and EEG Signal Equivalency	Ana Julia Gomes Nobre
14	Exploring the Intersection of Weight and Race, as Identities, in the Everyday Lives of Black Canadians in Nova Scotia	Joshua Yusuf
15	The role of AI in promoting Health Equity in Primary Health Care: Preliminary results of A Scoping Review	Sydney Keyamo
16	A Prospective Pilot Study Aiming to Develop an AI Enhanced Virtual Reality Headset to Automate Visual Acuity Measurement	Noémie Chaisson

SESSION 2: 1:00PM -1:45PM

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ROOMS: C140 & C150

Adjudicators: Chris Holland , Emily Burke, Dr. Laura Kennedy, Dr Matthew Numer , & Folake Awoyiga

#	Presentation Title	Presenter
17	Evaluating the performance of artificial intelligence tools for assessing risk of bias in evidence synthesis	Ghislain d'Entremont
18	Barriers to providing occupational therapy at end-of-life: An integrative review	Jocelyne LeBlanc
19	The Ethical Dilemma of Conscientious Objection to Medical Assistance in Dying	Miranda Tisi
20	Dementia Moves: Testing a Rehabilitation Program for Long-Term Care Residents with Moderate to Severe Dementia	Sydney MacNinch
21	Limited Blood-Biomarker Overlap Between Frailty and Dementia: A Scoping Review	Selena Maxwell
22	Adapting Current Fracture Prevention Guidelines to Home Care Settings in Canada	Jasmine Friedrich Yap
23	Examining the Relation Between Functional Performance Measures and Osteoarthritis Outcomes by Varying Frailty Levels	Jocelyn Waghorn
24	Frailty levels among people tested for COVID-19	Alexandra van der Valk
25	Musculoskeletal and Related Post-COVID Symptoms and their Association with Pre-existing Chronic Conditions	Chizaram Eje

## SESSION 3: 3:15PM -4:00PM

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ROOMS: C140 & C150

Adjudicators: Chris Holland, Lindsay Van Dam, Emily Burke, Dr. Paula Rushton, & Dr. Becky Feicht

#	Presentation Title	Presenter
1	The Effects of Extracorporeal Shockwave Therapy on Bone Mineral Density in an Osteoporotic Rat Model	Ashley Wright
2	Does Frailty Moderate the Relation Between Muscle Strength and Knee Osteoarthritis Progression Phenotypes?	Sophie Rayner
3	The Relation Between Muscle Capacity Utilization and Physical Function in Patients with Unilateral Knee Osteoarthritis	Meg Hannigan
4	Quantifying the Relationship between Muscle Capacity Utilization and Pain in Unilateral Knee Osteoarthritis	Rebecca Collins
5	Reliability of Lower Limb Shear Wave Elastography Muscle Stiffness Measures in Participants with Knee Osteoarthritis	Ryan Matthews
6	Viral Infection Enhances Autoantibody Production in an Induced Model of Systemic Lupus Erythematosus	Rachel Sokyrka
7	Improving exercise prescription and adherence for chronic low back pain management: an implementation research proposal	Samuel Silva
8	Comparison of Free-Cog with the MMSE, Lawton-Brody Functional Scales, and a Social Vulnerability Index	Jodie Penwarden

## SESSION 3: 3:15PM -4:00PM

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ROOMS: C140 & C150

Adjudicators: , Chris Holland, Lindsay Van Dam, Emily Burke, Dr. Paula Rushton, & Dr. Becky Feicht

#	Presentation Title	Presenter
9	Periodontal Disease and Cognitive Impairment- A Systematic Review	Joseph Linder
10	Changes in activation in the prefrontal and premotor cortices during simple and complex dual-tasks in stroke survivors	Sabrina Myatt
11	Cerebellar Inhibition and Internal Modelling in Prism Adaptation	Brooke Cramer
12	Evidence of Implementation Planning for Shared Decision-Making Interventions in Pediatric Surgery: A Narrative Review	Sarah Doane
13	Exploring the Implementation of One Person One Record at IWK Health: A Mixed Methods Study	Alannah Delahunty-Pike
14	Investigating Narrative in Family Health Communication about Genetic Aortopathy	Morag Brown
15	Mapping the Nutritional Status of Children Aged 0-59 Months Diagnosed with Cerebral Palsy: A Scoping Review	Megan Gray
16	Disparities in Primary Healthcare Access in Canada of the LGB (lesbian, gay and bisexual) populations: 2017-2018	Jing Jing

## SESSION 3: 3:15PM -4:00PM

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ROOMS: C140 & C150

Adjudicators: Chris Holland, Lindsay Van Dam, Emily Burke, Dr. Paula Rushton, & Dr. Becky Feicht

#	Presentation Title	Presenter
17	Assessing the Impact of Climate Change on Food Insecurity: A Global Gender Based Analysis Across High Climate Risk Count	Sophie Geernaert
18	"Come From Away" – Housing Experiences of International Post-Secondary Students in an Atlantic Canadian Province	Natalie Green
19	The Drug Abuse Screening Test (DAST): First 40 Years and Future Developments	Shamim Samadi
20	A Postcolonial Analysis of the Global Opioid Disparity with Recommendations for Policy Reform	Grace McColl
21	Hypertension Prevalence in sub-Saharan Africa: A systematic review and meta-analysis with GLMM	Nana Tiwaa-Boateng
22	Development of a Hydrogel-Based Radiochromic Dosimeter for Real-time Radiation Monitoring in Resource Limited Settings	Sarah Holowka
23	Prostate Cancer Screening Patterns Across Demographics and Behaviours in Three Canadian Provinces: A Population Study	Tyler Upshaw
24	Exploring Nova Scotia Youth Experiences in Nature and Perspectives on How Nature Impacts Mental Health and Well-being.	Sophia Pawelko



# PLANNING COMMITTEE MEMBERS

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## MEET THE CO-CHAIRS



### **SOFIA SO (SHE/HER)**

#### **Co-Chair**

Sofia is a Master's student in Health Promotion at Dalhousie University and Certified Therapeutic Recreation Specialist. Her research areas are mainly in pediatric rehabilitation, as it relates to improving children's well-being through inclusive service delivery. Her work also aims to integrate children's perspectives in care and community practices to ensure holistic and effective support systems. Sofia is interested in all things related to improving accessibility in the community; she is a member of the Wheelchair Research Team and a regular parasport volunteer with Easter Seals Nova Scotia. As a co-chair for this year's conference, she hopes to contribute to widely growing research about promoting health and well-being for all.



### **MAGGIE LOCKE (SHE/HER)**

#### **Co-Chair**

Maggie is in her first year of the PhD in Health program at Dalhousie University. Her research focuses on increasing opportunities for children with disabilities to participate and be included in outdoor and risky play. Furthermore, Maggie is working alongside her co-chair Sofia on a Wheelchair Skills Training Program for children and youth and is an active member in the parasport community as a volunteer, coach, and referee. She has recently graduated from her MSc in Kinesiology at Dalhousie where she first became involved with Crossroads. This year's conference topic is extremely important to Maggie and as this year's Crossroad's co-chair she hopes to expand upon the different ways in which we can increase and promote accessibility and inclusion within our health systems.

# PLANNING COMMITTEE MEMBERS

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## MEET THE TEAM



### AMANDA HIGGINS (SHE/HER)

#### Sponsorships

Amanda graduated from Mount Saint Vincent University with a BA in Psychology (2021), followed by a MA in Health Promotion (expected 2025) from Dalhousie University. Amanda works in multiple roles at IWK Health and Dalhousie University engaging youth and young people in research and supporting them to take on a larger role in their own healthcare. Much of her research is done to improve the transition from pediatric to adult healthcare. Amanda is using youth-led methods for research done to improve accessibility and overall wellbeing for youth living with disabilities in Nova Scotia. Outside of work she is an active member of her community and can be found coaching basketball or hanging with her dog Finnegan.



### NAMI TRAPPENBERG (SHE/HER)

#### Panels & Mini-Courses

Nami is a MSc student in psychiatry research at Dalhousie University. She is interested in eating disorders and comorbidities, particularly in integrated psychotherapies for comorbid eating disorders and PTSD. Nami is currently working in the Nova Scotia Health Authority Eating Disorder Program under the supervision of Dr. Aaron Keshen. Nami is part of the Panels and Mini-Courses team for the crossroads conference.



### JOEY NOSKO (HE/HIM)

#### Panels & Mini-Courses

Joey is an MSc student in psychiatry research at Dalhousie University and a research assistant for the Nova Scotia Early Psychosis Program. His current research is focusing on the barriers and facilitators of engagement with treatment for first-episode psychosis and on an intervention aimed at addressing potential barriers to engagement. In addition to this, Joey is interested in acute psychiatric care and how cannabis impacts the brains of people who use it. Joey is serving as part of the Panels and Mini-Courses team.

# PLANNING COMMITTEE MEMBERS

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## MEET THE TEAM



### NATALIE GREEN (SHE/HER)

#### Abstract Review

Natalie is a second year Master of Health Promotion student at Dal and a research assistant at the Healthy Populations Institute, working on a CIHR grant addressing the Commercial Determinants of Health (CDoH) in Atlantic Canada. Her own research focuses on international students in Mi'kma'ki/Nova Scotia using the lens of housing as a key social determinant of health. Prior to moving to Canada, Natalie was an emergency medicine doctor in the UK and Australia, graduating from Imperial College London and University College London with an MBBS and intercalated BSc. She has been a part of Crossroads since 2024 and is looking forward to welcoming student researchers to Crossroads 2025!



### ASHTON SHEAVES (HE/HIM)

#### Abstract Review

Ashton is a first year MSc student in the department of Health and Human Performance. Having obtained a Bachelor of Science in Psychology from MSVU in 2023, Ashton's research interests are in human cognition in the context of human-automation teams. Ashton is currently working in the Cognitive Motor and Performance lab under the supervision of Dr. Heather Neyedli. Ashton is part of the Abstract Review team for Crossroads.



### PEYTON DUGGAN (SHE/HER)

#### Abstract Review

Peyton is a graduate student at Dalhousie University, studying health promotion and epidemiology. She holds an administrative role with the Nova Scotia Health Authority and is a member of NSHA's Organizational Ethics Committee. She also has experience as an instructor with Sail Able Nova Scotia (an adaptive sailing program). Peyton is a member of the abstract review team for Crossroads and hopes that this conference will highlight the value of accessibility and inclusive spaces in the community.

# PLANNING COMMITTEE MEMBERS

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## MEET THE TEAM



### MADDIE KWAN (SHE/HER)

#### Promotions & Communications

Maddie is a first year MSc in Kinesiology student at Dalhousie University. She graduated from St. Francis Xavier University in 2024 with a BA in Human Kinetics and minor in Sports Management. Her research interests are focused on engaging all youth in physical activity! She is currently working under Dr. Michelle Stone researching the perspectives, needs and barriers for youth accessing nature and nature based programming in Nova Scotia for mental health and wellbeing benefits. Maddie is a member of the Promotions and Communications team for Crossroads this year.



### MORIAM KHANAM (SHE/HER)

#### Promotions & Communications

Moriam is a second year PhD in Health Student at Dalhousie University. She holds an MSc in Health Economics and Decision Science with distinction from the University College London (UCL), UK. Her research interest is focused on the impact of public policies on health and health equity. She is currently working on evaluating the effects of social policies on health status and health inequalities of immigrant children in Canada. Moriam is a member of the Promotions and Communications team for the Crossroads Conference 2025.



### HAYLEY PETTIGREW (SHE/HER)

#### Social Event

Hayley is a Master of Health Promotion student with a strong research and community engagement background. The primary focus of research is on active transportation. She wants to understand better how a supportive built environment can contribute to a healthy population and which factors contribute to inequity. Hayley is also passionate about science communication and has partnered with Dalhousie's Center for Learning and Teaching and the Healthy Populations Institute to create a health equity podcast for the course curriculum at the undergraduate level.

# PLANNING COMMITTEE MEMBERS

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## MEET THE TEAM



### CAITLYN MACRAE (SHE/HER)

#### Volunteer Coordination

Caitlyn is a first year MA Health Promotion student at Dalhousie University and a research assistant at the Healthy Populations Institute. Her current research explores experiences, barriers and facilitators of intergenerational play in Halifax. She also is passionate about school health, youth engagement and physical activity. Caitlyn is a member of the volunteer coordinator team and is looking forward to meeting folks who want to be a part of Crossroads this year!



### FATEMEH MAHDIZADEH (SHE/HER)

#### Volunteer Coordination

Fatemeh is a Ph.D. student in Health at Dalhousie University, is a researcher specializing in childhood disability. Originally from Iran, she holds a background as an Occupational Therapist. In 2015, she completed her bachelor's degree in Occupational Therapy at Semnan University of Medical Science. Then, she pursued a Master's in Occupational Therapy at Iran University of Medical Sciences, successfully graduating in 2017. Post academics, Fatemeh worked as an Occupational Therapy lecturer, gaining valuable experience in paediatrics and further enriching her knowledge in the field. In 2023, she embarked on her Ph.D. journey at Dalhousie University with the goal of making substantial contributions to the well-being and inclusion of children with disabilities and their families.



### ARMIN HAJIZADEH (HE/HIM)

#### Volunteer Coordination

Armin Hajizadeh is an Iranian Family Physician and Canadian Associate Physician, currently practicing at Nova Scotia Health Authority. He also serves as a medical facilitator at Dalhousie University, where he guides students in clinical skills and procedures. Armin is an active clinical researcher with a primary focus on thoracic surgery, contributing to advancements in this specialized field.

# SPECIAL MENTIONS

A HUGE THANK YOU TO OUR 2025 ABSTRACT REVIEWERS:

ALANNAH DELAHUNTY-PIKE

BEATRICE DEVLIN

MICHAEL IBEKAKU

MEGAN GRAY

MADDIE KATZ

AND OUR DONORS:

