

# 2025 YEAR-END REVIEW



UNIVERSITY OF  
CALGARY



Person-Centred  
Care Team

# At a Glance



**38** Presentations

---



**30+** Publications

---



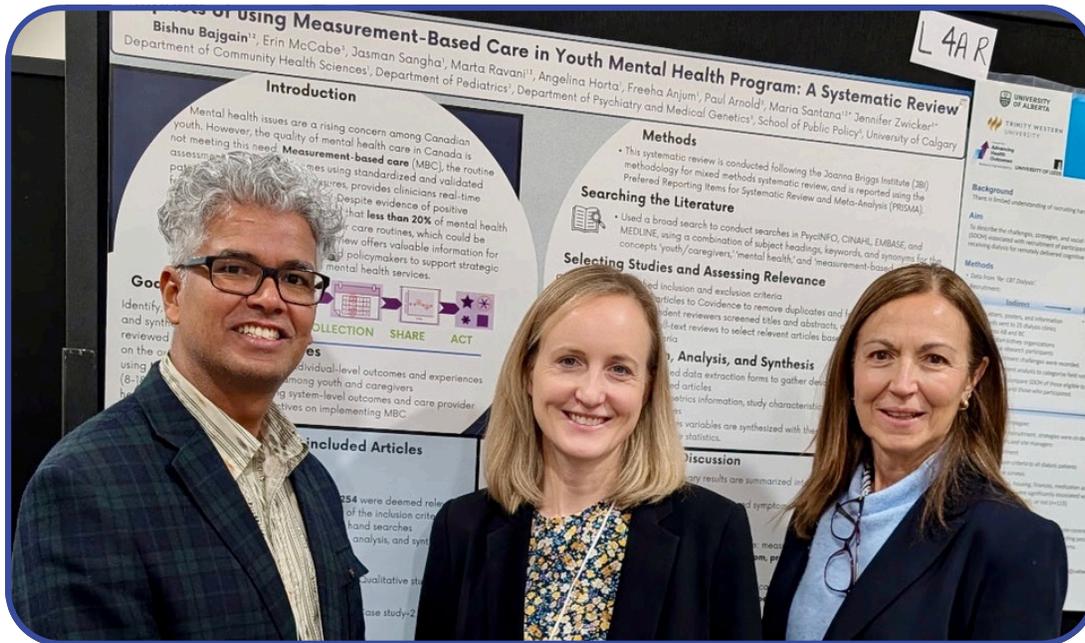
**14** Digital Storytelling  
Stories released

---



**8** Workshops

# Measurement-based care (MBC) INSIGHT Project



**Measurement-based care (MBC)** is the systematic use of patient-reported outcomes data to inform care plans and to monitor treatment progress routinely. Implementing measures to assess the mental health and well-being of patients and caregivers improves treatment outcomes in youth, enhances patient-provider communication, and promotes patient engagement in care.

Dr. Maria Santana was awarded a **CIHR project grant for the INSIGHT project to scale and spread Measurement-based Care in youth living with mental concerns**, working closely with Recovery Alberta Child and Adolescent Mental Health Services.

**This project will be implemented at various mental health programs in Calgary**, one of them being the Children's Day Treatment Program at the Alberta Children's Hospital. Others include Coast Kids and the Youth Recovery Program. This project will work directly with the programs to understand barriers and facilitators in implementing measurement-based care and evaluating the implementation. Key outcomes of INSIGHT will be the development of an MBC implementation manual, educational materials and guidance for selecting patient-reported outcome measures at CAMHS clinics and the integration of MBC with electronic health records.

# Linking Learning to Lives Project

**This year, our team launched the “Linking Learning to Lives” project, an ambitious initiative designed to connect medical education with what matters most to patients**—health outcomes and the care experience. Recognizing that traditional evaluations generally focus on learner competence, the project aims to develop a framework that uses patient-reported outcomes and causal inference methods to determine whether educational initiatives truly improve care.

The project is being developed in collaboration with the Federal University of Rio Grande do Sul (Brazil) and the Centre for Research and Innovation in Health Sciences Education (RIHSE) at the University of Calgary. Early findings from the narrative review that will serve as the foundation for the framework highlight the promise of using patient outcomes to assess the impact of residency training and continuing professional development.

The next phase involves designing the methodological framework with input from educators, clinicians, and patient partners, followed by a pilot study in a clinical setting to test feasibility. By embedding patients' voices into the evaluation of training initiatives, this project seeks to advance equity and ensure that learning genuinely translates into better health and better lives.



# World Café

We had the pleasure of continuing to lead the **Equity, Diversity, and Inclusion (EDI) and mental health World Café in rural Alberta**. This work was made possible by the dedication of our partners across municipalities, community organizations, and settlement agencies. Together, we created accessible and culturally responsive spaces for dialogue, learning, and collective action.

Our engagement efforts brought us to the **City of Brooks, the Town of Banff and Lake Louise, and Fort McMurray**. Each community offered unique strengths, perspectives, and priorities. Listening directly to residents, service providers, and local leaders deepened our understanding of the challenges and opportunities impacting mental health across the province.

A particularly meaningful milestone this year was returning to **Red Deer to report back to the community**. Sharing outcomes, hearing their reflections, and validating their contributions reaffirmed the value of community-led, collaborative research.

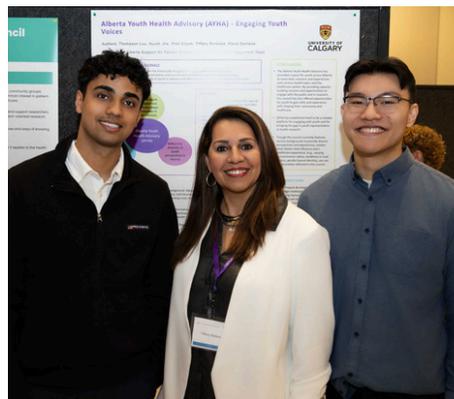
Engaging in person with communities and partners across Alberta was truly energizing. These experiences underscored that Albertans want to participate, want to be heard, and want their lived experiences to shape better health research and better outcomes. It has been a privilege to walk alongside communities and highlight the impact of their voices in research that truly matters.



# Learning from our Communities

This year has been a remarkable period of meaningful connection and collaboration across rural, urban, and remote regions of Alberta. Through strong partnerships and intentional community engagement, we continued to ensure that the diverse voices of Albertans are represented and reflected in health research. Building trusted relationships has remained at the heart of our work, allowing community members, service providers, municipal leaders, youth, and organizations to take an active role in shaping research that affects their lives.

It has also been a great honour to continue coordinating both the **Albertans for Health Research (AB4HR) network** and the **Alberta Youth Health Advisory (AYHA)**. Each year, our networks grow stronger and more inclusive, bringing together people with lived experience, youth leaders, and community partners who are passionate about contributing to meaningful health research. Through every meeting, workshop, and conversation, we continue to build awareness about the importance of community involvement and reinforce one message: their voices matter in health research.



# The PaCER program

The Patient and Community Engagement Research (PaCER) program is a one-year experiential-based qualitative health research learning program under the academic and scientific direction of Dr. Maria Santana and Dr. Paul Fairie of the University of Calgary Person-Centred Care Team.

Three PaCER teams completed their projects in 2025, having started in October 2024.

01

**"Team "I See You"** sponsored by Dr. Michael Goldfarb, McGill University and the Jewish General Hospital, Montreal.

*"What supports do family caregivers of post-discharge intensive care unit survivors need to encourage their engagement in health research?"*

Two Honoring Life Teams supported by Marjorie Luzentales-Simpson and Alberta Health Services (AHS) Indigenous Wellness Core (IWC)

02

**Team Niitsitapiiksi**

*"Indigenous Life Promotion Through Intergenerational Connection: Exploring Blackfoot Approaches to Healing from Substance and Alcohol Addiction"*

03

**Team Siksikaitsitapi (Buffalo Seekers)**

*"Supporting Siksikaitsitapi (Blackfoot Confederacy) Young Persons with Niitsitapi (Real People) Values, Cultural Connection and Continuity in Holistic Well-Being: A Siksikaitsitapi-led, Community-based Qualitative Study"*



# Implementing Person-Centred Quality Indicators (PC-QIs) in Primary Care in Alberta

We opened 2025 by engaging project team members to provide feedback on and support our implementation efforts in newly recruited clinics. In February 2025, our data partner, Health Quality Alberta, initiated the distribution of their Primary Care Patient Reported Experience Measure (PC-PREM) at two primary care clinics in Grande Prairie, AB.

The co-development of a PC-QI Training Program began in the summer, with support from Patient Advisory Council members and a newly hired team member. We have since developed training materials, which include a detailed lesson plan, identified learning objectives, resource toolkits, and other supportive materials. We have engaged with our partnered clinics at the University of Alberta to confirm details surrounding the implementation of the program, and we are gearing up to administer and study the effectiveness of this Training Program in our partnered clinics' contexts.

The summer also saw our Patient Advisory Council co-develop a Patient Engagement evaluation strategy, with support from the Alberta Strategy for Patient-Oriented Research Unit's Patient Engagement Team. The first of multiple evaluation points was assessed in Summer 2025, and we will be following up with another evaluation point in January 2026.

This year, we have shared progress on the implementation study at the 2025 Alberta Innovative Trials and Health Research Methods Symposium and at Canadian Outcomes Matter 2025. We are excited for the opportunity to share our work at 3 more conferences in 2026, with one in Alberta, one in Ontario, and one overseas.



# Knowledge Translation Highlights

## Digital Storytelling | Brain in Motion

The Brain in Motion (BIM) study, led by Dr. Marc Poulin at the University of Calgary, investigates how exercise influences cerebral blood flow and cognitive function in older adults at risk for Alzheimer's disease and related dementias. Participants aged 50–80 completed either a six-month aerobic exercise program or a stretch-and-strength program.

From August to October 2025, six participants, ages 55-85, joined a six-week Digital Storytelling Workshop facilitated by the AbSPORU Patient Engagement Team, creating powerful first-person videos that share their experiences and highlight the role of physical activity in supporting brain health.

In November 2025, the team hosted a community-based Digital Storytelling Educational Event at the Nifty Fifties Seniors Association. Over 80 members of the community engaged with six digital stories and learned about the BIM study results, bringing research to life through patient stories and academic research.

To learn more about the Brain in Motion program-

<https://research.ucalgary.ca/participate/brain-motion-ii-study-reb16-1199>



# Knowledge Translation Highlights

## Digital Storytelling | Painful Truths, Common Threads in a Tapestry of Chronic Pain and Identity

This research study was a collaborative effort between the AbSPORU Patient Engagement Team, the National SPOR Chronic Pain Network (CPN), and Patient Research Partners (PRPs). From March to August 2025, they co-developed the study's objective: to explore how digital storytelling can reveal the impact of chronic pain on identity through first-person narratives.

Eight individuals from across Canada, each with lived experience of chronic pain, participated as both participant storytellers and co-researchers. They also contributed in data analysis and interpretation and co-designed knowledge translation activities to share insights with broader audiences.

The resulting collection of digital stories **Painful Truths, Common Threads in a Tapestry of Chronic Pain and Identity** was named by the PRPs to reflect the emotional depth and authenticity of their experiences. These stories were showcased in November 2025, at the *Putting the Pieces Together* conference held online, in two Gentle Moments sessions, and at the *Canadian Outcomes Matters* conference in Ottawa, highlighting digital storytelling as an arts-based methodology in outcomes research.

\*Please join us at the upcoming Painful Truths, Common Threads in a Tapestry of Chronic Pain & Identity **Free Online Storytelling Event on January 29, 11am-1pm MT.**

[Register Here](#)

# Our Team

Maria J. Santana, MPharm, PhD, Principal Investigator  
Paul Fairie, PhD, Senior Research Associate & Associate Director

Kyle Kemp, PhD, Senior Research Associate  
Kimberly Manalili, PhD, MPH, Senior Research Associate  
Marina Rosa Filezio, PhD, MD, Senior Research Associate  
Monica Cepoiu-Martin, PhD, MSc, MD, Senior Research Associate  
Sadia Ahmed, MSc, Research Associate  
Bishnu Bajgain, MSc, Research Coordinator and PhD Student  
Ingrid Nielssen, MA, Research Coordinator, PaCER Instructor  
Tiffany Barbosa, CED MBA, Community Engagement Coordinator  
Matthew Luzentales-Simpson, MSc, Research Coordinator  
Sandra Munro, PaCER Grad, Lead Patient Research Partner  
Kalpana Bajgain, MSc, Research Assistant  
Fakhriyya Aghabayli, MD, PaCER Grad, Research Assistant  
Ambar Ortega Pinto, BCMM, Communications Lead, Operations Assistant  
Tanya Graves-Smith, Administrative Coordinator

Lucas Wollmann, PhD, Post-Doctoral Fellow  
Chris Lopez, PhD, Post-Doctoral Fellow  
Katherine Lee, PhD, Post-Doctoral Fellow

## Students

Jacqueline Wilson, PhD Student  
Alessandra Paolucci, PhD Student  
Joel Adekanye, PhD Student  
Seema King, PhD Student  
Jake Jennings, PhD Student  
Minnie Antonio, MSc Student  
Huzaifa Kamal, MSc Student  
Amanda Herman, MSc Student  
Duaa Fatima, MSc Student  
Jasman Sangha, 2025 Summer Student  
Kaia Thauberger, 2025 Summer Student  
Haleema Yousuf, MD Student  
Lauren Verwaayen, MD Student  
Stella Sanusi, MD Student



# Funders



UNIVERSITY OF  
CALGARY

AbSPORU  
Alberta SPOR SUPPORT Unit



University  
Hospital  
Foundation



CIHR IRSC

ALBERTA   
INNOVATES

Strategy for Patient-Oriented Research

SPOR

Putting Patients First 



cpsa

COLLEGE OF PHYSICIANS  
& SURGEONS OF ALBERTA



# Thank You

<https://cumming.ucalgary.ca/research/person-centred-care>