



# MIND MATTERS

ISSUE 2 • NOVEMBER 2019

THE UNIVERSITY OF REGINA PSYCHOLOGY STUDENT'S ASSOCIATION NEWSLETTER



## #SEEPAINMORECLEARLY:

*A Knowledge Mobilization Initiative to Improve  
Pain Assessment in Older Adults with Dementia*

*By Louise Castillo, PSA President*

Pain is frequently under-assessed in older adults with dementia. Although research findings are available, only a fraction of scientific findings ever find their way into clinical practice. This means that many vulnerable older adults often miss out on effective evidence-based approaches and continue to suffer from untreated pain.

Along with my honours supervisor, Dr. Thomas Hadjistavropoulos, with support from various organizations and stakeholders (e.g., older adults, caregivers), we launched a large-scale social media campaign #SeePainMoreClearly on October 1, 2019—the International Day of Older Persons. Social media has great potential to facilitate and increase the uptake of evidence-based solutions and connect with stakeholders across Canada and beyond. Our goal is to improve quality of life through improved pain assessment and management.

*Continued on Page 2. . .*

### UPCOMING PSA EVENTS

**NOVEMBER 6TH-11TH, 2019 -  
UNIVERSITY OF REGINA  
FALL BREAK**

**NOVEMBER 16TH, 2019 -  
11:30AM - WHEELHOUSE  
RIDE WITH THE PSA!**

**DECEMBER 9TH-21ST, 2019 -  
FALL SEMESTER  
EXAMINATION PERIOD**

**FEBRUARY 1ST, 2020 -  
HONOURS APPLICATION  
DEADLINE**

# #SEEPAINMORECLEARLY:

As part of our initiative, we have created a short 2-minute video titled “Pain in Dementia #SeePainMoreClearly”.

The video addresses the problem of pain underassessment in seniors with dementia, along with evidenced-based practices. Resources for older adults, their families, and health professionals are available through [seepainmoreclearly.org](http://seepainmoreclearly.org).

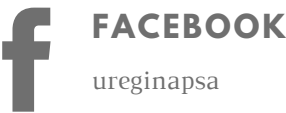
We encourage everyone to view our video and join our conversation on Twitter using the hashtag #SeePainMoreClearly! We will be systematically evaluating the impact and reach of our campaign through various social media metrics, media stories, questionnaires, and interviews with selected stakeholders.



@LouiseCastillo, for @URHealthPsycLab at #AGEWELL2019

# WE WANT TO TALK TO YOU!

# SOCIAL MEDIA IS A GOOD START.



## MID-SEMESTER PEP TALK

By Shae Sackman, PSA Internal Communications

Hi everyone. How're you? I thought I'd check in, since it is incredibly easy to get caught up in the endless slog of assignments and exams and essays around this part of the semester. Things simultaneously seem like they will never end and yet finish too soon. As Psychology students, we understand things like proper rest, a balance between hard work and enjoyable stuff and diligent self-care are keys to surviving this hectic time. But I'm betting not all of us are doing the things we know keep us healthy and engaged, so let this help remind you!

- Be disciplined with your time. It is not infinite, and it is your greatest resource as a student. Planning work, study, rest and fun ensure you have time for everything.
- Remind yourself once in a while that you're a good, smart, capable human being who is doing the best they can. Just like everybody else!
- Don't be afraid to ask for help. Talk to professors, fellow classmates, the PSA or even the counselors at Riddell. There are options if you're feeling overwhelmed.



# LAB SHOWCASE

Child Evidence Lab

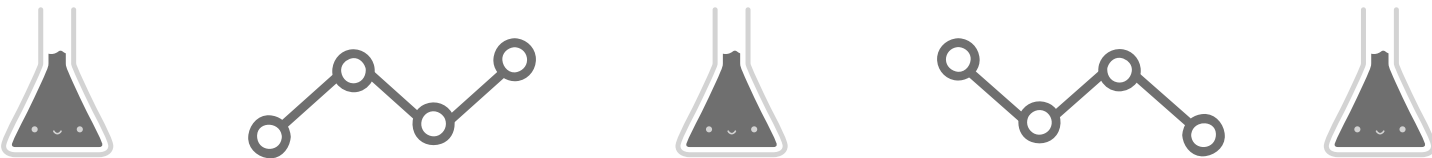
By Colin Johansen, PSA Research Representative

The lab showcase portion of the PSA newsletter will discuss one of the labs here at the University of Regina in each issue. These articles will hopefully give you a sense of what volunteering in a lab is like, and the type of tasks you would be expected to fulfill. This month, the lab featured is the Child Evidence Lab. Lead by Dr. Kaila Bruer, the Child Evidence lab at the University investigates children’s roles in the forensic and legal system.

Over the summer, we conducted a study at EYES camp (Educating Youth in Engineering and Science) here at the University. As volunteers, our role was to interview the kids about an “incident” that they witnessed. We learned how to properly conduct an open-ended interview, so that the children reported unbiased information about this incident. We also learned how to adjust our data collection methods when kids were involved. Some of the other volunteer tasks in the lab included:

- analyzing court cases on a database called Can-Lii to see if they fulfill the criteria of a particular study.
- running adult participants in a one-on-one experimental setting, investigating topics such as adult eyewitness memory.
- other various tasks as designated by the lab manager.

The Child Evidence Lab also works in partnership with other labs, both here at the University of Regina and with other labs across Canada. I won’t go into too much more detail, as this was just a quick overview to give you a sense of the lab. Hopefully this gives you some insight into the lab experience!



## PSA MINI PHOTO GALLERY





## CARMICHAEL OUTREACH

Regina's Carmichael Outreach has many volunteer opportunities available ranging from sorting donated items from the community to helping with the food recovery program which aims at making hot nutritious meals.

Carmichael Outreach also has special events to help them create bright futures for others in our community! To get involved, contact Duncan Nord- 306-757-2235 ext. 222 or check the website for more information at

[carmichaeloutreach.ca/volunteer](http://carmichaeloutreach.ca/volunteer)

## WOMEN'S MENTAL HEALTH RESEARCH UNIT

The Women's Mental Health Research Unit is seeking volunteers who are available between 2:00 and 5:00 PM on most weekdays, or weekends, for an exciting project looking at estrogen's relationship with stress and mood. If you are interested or would like more information, please contact us at [wmh.research@uregina.ca](mailto:wmh.research@uregina.ca).

### JOIN THE PSA

Looking for a way to get involved in your area of study? Curious about your fellow Psychology majors? Looking for new opportunities in volunteering, participating in planning events or even just want to feel more connected to what's going on in Psychology at the U of R? Consider joining the PSA! Contact us at [ureginapsa.ca](http://ureginapsa.ca)! We'd love to hear from you.



## FUN PSYCHOLOGY FACT OF THE NOW

Your brain is hyper-efficient, running on just 20 watts of power. A computer, by contrast, needs 65–250 watts and for a computer to simulate the 100 trillion connections of the human brain in real-time, it would need 12 gigawatts – around 600 million times the power!



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

Source: Queensland Brain Institute