



CANADIAN FOUNDATION FOR DIETETIC RESEARCH

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CHARITABLE REGISTRATION NO. 89270 2150 RR0001

Announcing ... 2010 CFDR Morgan Medal Recipients

Award recipients in CFDR's Morgan Medal Awards Program were announced on May 27th at the DC annual conference in Montreal.

The Morgan Medal was established in honour and in memory of Susan Morgan, long-time member of Dietitians of Canada and former manager of CFDR. Susan's commitment to research and to fostering students was well known. The awards program recognizes dietetic students and interns for their research projects. One award is available in each of the regions of Dietitians of Canada and one student from among the regional recipients is awarded the Morgan Medal. This national award recipient receives all expenses to attend the DC conference and present a research poster in the CFDR Poster Presentation session.

"The four 2010 Morgan Award recipients are truly exceptional dietetic students," says Mary Sue Waisman, PDt, MSc, FDC, President of CFDR. "Each demonstrates the qualities that were most admired in Susan Morgan: a passion for research, the ability to rise to challenges and enthusiasm for new ideas. The CFDR Board of Directors hopes that each of these students will continue to make research part of their dietetic careers and continue to contribute new evidence-based knowledge to support their profession and to enhance the health of Canadians."

Recipients of the 2010 Morgan Awards are:

Kira Schan, Northern Ontario Dietetic Internship Program. Recipient of the 2010 national Morgan Medal, and a Regional Award: Manitoba, Saskatchewan and Northern Ontario Region. Kira's research project focused on the development of a survey tool to identify barriers and facilitators of recruitment and retention of Registered Dietitians in Northern Ontario. Through her project, Kira developed an understanding of the impact of dietitians in rural and remote communities. She says, "The Vision 2020 document by Dietitians of Canada visualizes a trend where, 'A high demand for, and short supply of health professionals remains a challenge. Inter-professional teamwork and superior communications skills and technology enable all communities to access services to meet health needs.' If the Dietetic profession is to move towards Vision 2020 we need to be able to promote our profession. This project is part of a growing body of work that is needed to fill a knowledge gap to be able to develop strategies which will allow vacancies in the profession to be filled."

Winnie Hung, Langara College Gerontology Nutrition Society Dietetic Internship, Vancouver, B.C. Regional award: British Columbia Region. Winnie's project focused on menu planning in long term care facilities. She says, "My interest in nutrition research dates back to my undergraduate years, where I conducted my first research project. Since then, I realized that research is one of the best ways to explore new ideas from existing knowledge and enhance current practice through application and evaluation. We, as nutrition professionals, should think outside of the box when planning menus for special populations like seniors in residential care, who have lower energy but higher nutrient needs. The importance of research is not just for the search of new knowledge, it is also about the journey of learning and personal development."

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Stephanie Schwindt, University of Alberta Integrated Dietetic Internship, Edmonton, AB. *Regional Award: Alberta and the Territories Region.* In her research project, Stephanie worked on an evaluation of bone health in individuals undergoing islet transplantation. She learned about the value of Registered Dietitians. She says, “By working with an interdisciplinary health care team (MD, RN, RD) in a clinically important project, I learned about the value and importance of the role of the Registered Dietitian in contributing to improved patient outcomes by participating in research that focuses on actual dietetic practice in relation to patient care outcomes. This approach to dietetic practice promotes the role of the Registered Dietitian as a leader in nutritional care and ensures that dietetic interventions are evidence based and can be translated directly to the bedside.”

Ellen Moffatt, Master of Health Science/combined internship program, University of Toronto, and Alberta Health Services. *Regional Award: Central and Southern Ontario Region.* In her research project, Ellen studied food insecurity in youth populations. She learned about the continuing need for research to support dietetic practice. Ellen says, “As a dietetic professional, it is essential be aware, and often critical, of my own personal assumptions and biases, both in a research environment and other settings. Assumptions can be incorrect and could negatively influence dietetic practice if they continue to exist. Questioning such assumptions and relying instead on sound research, will ensure that dietetic practice is safe, effective, and continues advancing to address issues that are relevant now and in the future.”

CFDR is committed to recognizing and encouraging dietitians in their research efforts. Information about the 5th Annual Morgan Medal Awards program will be posted to the CFDR website in July (www.cfdr.ca)

For more information, contact Isla Horvath, CFDR Executive Director, at ihorvath_cfdr@dietitians.ca