

St. Joseph's Healthcare Hamilton Researcher Wins Over \$2.2 Million in Funding from CIHR and Heart & Stroke Foundation

Monday, May 5th, 2014 – Hamilton, ON – Dr. Jim Douketis, physician and researcher at St. Joseph's Healthcare Hamilton, has recently been awarded over \$2.2 million in combined funding from the Canadian Institutes of Health Research and the Heart & Stroke Foundation. In the highly competitive peer-reviewed CIHR funding environment, this grant was ranked 2nd out of 63 applications.

The funding is dedicated towards a national study led by Dr. Douketis which aims to establish best practices for patients who are receiving a new blood thinner and require a surgery or procedure. These new blood thinners, which include dabigatran, rivaroxaban and apixaban, are being used increasingly in Canada, mainly to prevent a stroke in patients with an irregular heartbeat.

"This award is attainable only because of the exemplary research environment at St. Joseph's Healthcare and McMaster University," states Dr. Douketis. "This study addresses a common medical problem – how to look after patients who are taking a new blood thinner and need a surgery or procedure – and is being conducted by a team that includes physicians, surgeons and anesthetists. Our aim is to establish a standard-of-care to benefit patients across Canada and abroad."

When individuals taking these blood thinners require a surgery or procedure, they need to visit their doctor to receive guidance on when to safely stop and resume this treatment before and after surgery. The study hopes to standardize this management and to determine best practices that are safe for patients. It is estimated that 400,000 people in North America who are receiving a new blood thinner will need a surgery or procedure per year.

This study also aims to determine how best to analyze exactly how much of the new blood thinner remains in patients' bodies after they have stopped taking it. This is especially important for patients having big operations or if they are having surgery with a spinal anesthetic.

St. Joseph's Healthcare Hamilton, along with Hamilton Health Sciences will enroll 200-300 patients out of a total of over 3,000 patients enrolled in 15-20 sites across the country.

Researchers such as Dr. Jim Douketis strive to advance and standardize health care practices to not only improve the quality of care delivered at St. Joseph's Healthcare Hamilton, but to improve the quality of life of all Canadians.

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More Information

About Research at St. Joseph's Healthcare Hamilton

St. Joseph's Healthcare Hamilton is an academic health sciences centre fully affiliated with the Faculty of Health Sciences at McMaster University. Our researchers aim to better understand prevalent medical and mental health issues today's society in order to develop advanced therapies and treatments that will improve the quality of life for patients in our community and around the world. In pursuit of this goal, research in the areas of clinical science, mental health, nephrology, respirology (Firestone Institute for Respiratory Health) and virology attract over \$25 million annually in grants and research support funding. For more information about research at St. Joseph's Healthcare Hamilton, please visit www.stjoes.ca/research.

About St. Joseph's Healthcare Hamilton

St. Joseph's Healthcare Hamilton is a regional leader in patient-centred care providing acute care, research, teaching, community and international outreach programs throughout our network. Since being founded by the Sisters of St. Joseph in 1890, our hospitals span three specialized campuses in the Greater Hamilton Area (Charlton Campus, West 5th Campus and King Street Campus), with St. Joseph's Villa Dundas providing long-term care and St. Joseph's Home Care providing personalized home care traversing the reach of our region. For more information about St. Joseph's Healthcare Hamilton, please visit www.stjoes.ca.