



The Organizing Committee for the 2010 Olympic and Paralympic Winter Games turned to one of the world's top experts to do anti-doping testing during the Games: Professor Christiane Ayotte's team at INRS-Institut Armand-Frappier in Laval.



Students in UQTR's undergraduate degree in podiatry provide care to the homeless at Accueil Bonneau.

to serve the community

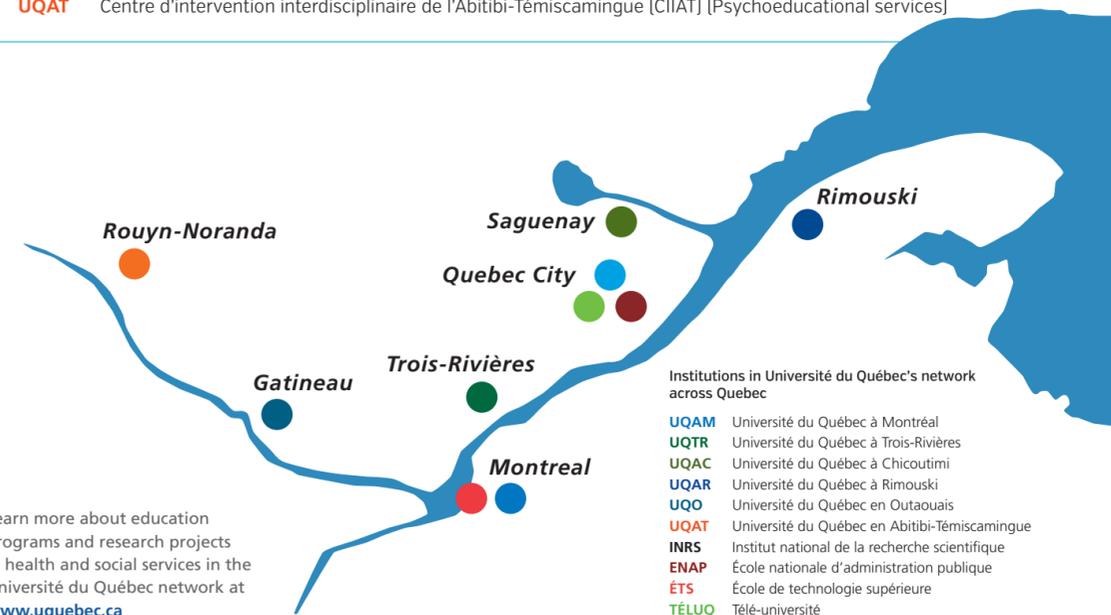
Member institutions are increasingly active in the health-care sector; many now operate clinics to serve the university community and the general public.

These clinics are a win-win: they make high quality, easily accessible services available to the community while giving students hands-on training under the supervision of experienced professors and professionals.

Five of the member institutions house **13 health and social services clinics**. It's another way for them to get involved in the community and **serve the local population**.

The 13 health and social services clinics in the Université du Québec network

- UQAM** Clinics in sexology, psychology, and special education
- UQTR** Clinics in physiotherapy, podiatry, kinesiology, and sports therapy, chiropractic, multidisciplinary health care [occupational therapy, speech therapy, nursing], and psychology and neuropsychology
- UQAC** Clinics in special education, psychology, and kinesiology
- UQO** Clinic in psychology and neuropsychology
- UQAT** Centre d'intervention interdisciplinaire de l'Abitibi-Témiscamingue (CIAT) [Psychoeducational services]



Learn more about education programs and research projects in health and social services in the Université du Québec network at www.uquebec.ca

holistic approach to health and social services

in the Université du Québec network

Université du Québec member institutions are carving out innovative and much-needed clusters of excellence focused on prevention and health care at the individual, community, and societal levels. Research and education are given pride of place in an effort to train professionals who actively contribute to Québec's healthcare system. Research touches on the delivery of fundamental healthcare services as well as the psychological, social, economic, and environmental aspects. Member institutions follow preventative and therapeutic approaches to offer clinical services tailored to the communities they serve.

The Université du Québec network is unique in its interdisciplinary, intersectorial approach to health care. Its institutions employ nearly 800 research professors working with over 18,000 undergraduate and graduate students in some 30 disciplines across Québec.

Some 17% of the research funded in the network and 29% of the scientific papers produced by the network's research professors are on topics related to human and social health.



UQTR nursing laboratory - Photo: UQTR

ABOUT UNIVERSITÉ DU QUÉBEC

The mission of Université du Québec's ten institutions is to promote access to higher education while contributing to scientific advancement and regional development across Québec. Today nearly 102,000 fall-session students attend over 1,200 programs at member institutions. Their 7,000 professors and lecturers and permanent staff of more than 4,100 pursue that teaching and research mission in over 60 municipalities throughout the province.

Université du Québec à Montréal (**UQAM**) / Université du Québec à Trois-Rivières (**UQTR**) / Université du Québec à Chicoutimi (**UQAC**) / Université du Québec à Rimouski (**UQAR**) / Université du Québec en Outaouais (**UQO**) / Université du Québec en Abitibi-Témiscamingue (**UQAT**) / Institut national de la recherche scientifique (**INRS**) / École nationale d'administration publique (**ENAP**) / École de technologie supérieure (**ÉTS**) / Télé-université (**TÉLUQ**)

Close partnerships with health, social services, and community groups

The Université du Québec network has affiliations and partnerships with a number of health and social services institutions that are ideal facilities for hosting internships and research projects: integrated university health and social services centres (CIUSSSs), partner university institutes and centres, hospital centres, youth centres, and rehabilitation centres. Institutions also offer non-credit training programs to meet the needs of professional orders and other groups.

Exclusive specialized training

Some institutions in the network offer exclusive training programs to ensure Quebec has the healthcare professionals it needs now and in the future.

For instance, UQAM offers the province's only interdisciplinary doctorate in health and society, looking at health care from the social perspective. UQAM is also the only institution in Quebec to offer bachelor's, master's, and PhD programs in sexology. UQAM has the province's largest psychology department, delivering a range of training programs in core areas of the field, including clinical psychology and neuropsychology.

UQTR offers specialized programs like an undergraduate doctorate in chiropractic and podiatry and a bachelor's in midwifery.

UQO has a short graduate program in advanced nursing for families in the perinatal period. Graduates acquire specialized knowledge allowing them to assess these families and intervene appropriately on their behalf.

Finally, UQTR, UQAC, UQAR, UQO, and UQAT jointly offer the only master's program to train clinical nurses specializing in mental health and psychiatric care.

Université du Québec offers **170 undergraduate** and **graduate programs** in health and social services.

- Undergraduate: **34 bachelor's degrees**, some of which have partnerships with college programs, and **2 undergraduate doctorate degrees** in podiatry and chiropractic
- Graduate: Over **29 master's** and **15 PhD programs**

Université du Québec also provides **professional development** for healthcare workers in different regions of Quebec, including short and specialized programs:

- undergraduate: **40 certificates** and **19 short programs**
- graduate: **13 advanced graduate diplomas (DESSs)** and **20 short programs**

The programs cover a broad range of subjects related to the health and welfare of individuals and populations, including:

- art therapy
- environmental chemistry
- chiropractic
- communication and health
- health and physical education
- gerontology
- health and social services management
- kinesiology and physical activity and sports science
- podiatry
- special education
- midwifery
- psychoeducation
- psychology and neuropsychology
- rehabilitation and movement science
- community health
- health and society
- mental health
- occupational health and safety
- applied sciences
- biomedical sciences
- experimental health sciences
- pure science
- nursing
- sexology
- sports therapy
- social work
- virology and immunology
- and more

Online programs for healthcare professionals across Quebec

Many of the institutions in the network offer on-line training programs allowing them to reach healthcare professionals across the province.

TÉLUQ, for instance, delivers customized courses in prenatal screening for Down syndrome and the application of Bill 21 on reserved acts in mental health. Programs include a master's and advanced graduate diploma (DESS) in mental health as well as a certificate in health services management and one in psychology. UQTR offers a graduate program in performance management in the healthcare system on an ongoing basis.

UQAR has a remote undergraduate short program in perinatal nursing and a training course on post-infarction depression for members of the Ordre des infirmières et infirmiers du Québec.

Lastly, UQAT offers nine different remote programs in world health, occupational health and safety, clinical nursing, respiratory therapy, and sensory and motor rehabilitation, among other domains.



A number of researchers at Université du Québec member institutions conduct research projects in areas related to health and social services:

- **51 research chairs**, including 23 Canada Research Chairs (CRC)
- some **50 research units**, including 35 research centres, groups, and teams, and 10 institutes, networks, and consortiums focusing on health and social services research
- **30 research laboratories**

All of the institutions in the network have developed clusters of excellence for research in health and social services using a holistic approach to the health of individuals and populations. Many are unique in their specializations and make an invaluable contribution to advancing knowledge and educating tomorrow's researchers in the field.

- The **BioMed Research Center** brings together researchers from UQAM, INRS, and UQTR working on projects related to the discovery, identification, validation, and use of biomarkers to predict, diagnose, and prevent illness; their work is on prevention and early detection using state-of-the-art experimental approaches to cellular biology, molecular biology, and biochemistry.

- The mission of the **Centre for Research and Intervention on Suicide and Euthanasia (CRISE)** at UQAM is to help prevent suicide and to reduce its negative impacts by advancing interdisciplinary knowledge in the field.

- **Pharmaqam**, UQAM's **research centre on the development, mechanisms of action, and vectorization of medications**, follows innovative approaches to developing new medications before clinical trials to fight cancer, viral and bacterial infections, and neglected and degenerative diseases.

- The mission of the UQTR-affiliated university institute on **intellectual disability (ID) and pervasive developmental disorders (PDD)** within CIUSS Mauricie – Centre-du-Québec is to contribute to the development of knowledge and practices, the transfer and dissemination of knowledge, and the evaluation of services for people with ID or PDD.

- Research into **child development** at UQTR, and specifically the **UNESCO Chair in the developmental screening and assessment of young children** and the **interdisciplinary research centre on child development and family**.

- **Fichier BALSAC** at UQAC is a database compiling close to four centuries of historical, demographic, and genealogical information on more than five million people. Researchers and students working in disciplines as varied as sociology, demographics, geography, and human genetics use the data in their projects.

- The **interdisciplinary research centre on quality of life and healthy lifestyle** at UQAC covers five research areas: technology; physical activity, nutrition, and health; chronic conditions and disabilities; psychology and sociology; and social practice and theory.

- The **regional health research laboratory (LASER)** at UQAR brings together researchers from different backgrounds who work on organizing the region's primary healthcare services, supporting vulnerable groups, and looking at the ageing population in a regional context.

- The study of **cyberpsychology** at UQO, led by the Canada Research Chair in Clinical Cyberpsychology and the cyberpsychology laboratory team, uses virtual reality and telepsychotherapy to understand, assess, and treat mental illness. UQO's facility is one of only about a dozen six-wall immersive rooms in the world, and the only one dedicated to mental health.

- The **anxiety disorder laboratory** at UQO is directed by Professor Michel Dugas, an international expert in the treatment of generalized anxiety disorder (GAD).

- The **Canada Research Chair in Violence Against Children (RCVAC)** at UQO aims to better understand how violence against children changes over time, identify victimization trajectories, analyze the impacts on children's psychosocial development, and improve support programs to better meet the needs of children and their families.

- The **Canada Research Chair in Psychosocial Family Health** at UQO works to better understand and identify the determining factors of the psychosocial health of parents during the perinatal period, with a particular focus on the health behaviours of fathers.

- **Research on pain** and the development of **art therapy** at UQAT and **art and health** research at UQAM follow a multidisciplinary approach to health.

- The **Doping Control Laboratory** at INRS, Canada's only laboratory accredited by the International Olympic Committee (IOC), develops more sophisticated methods to detect and identify doping agents.

- The **Research Chair on the Social Aspects of Blood Donation** was created in 2009 by an agreement between Héma-Québec and INRS. Research focuses on gaining a better understanding of the social dynamics surrounding blood donation.

- The **Canada Research Chair in Environmental Equity and the City** at INRS studies situations in which population groups are overexposed to pollutants and/or have limited access to positive elements in the urban environment.

- The **Canada Research Chair in Evaluating Public Actions Related to Young People and Vulnerable Populations (Crevaj)** at ENAP created a laboratory for the longitudinal study of outcomes for young people placed in care in Quebec and France (EDJeP), funded by SSHRC and CFI, respectively. Stakeholders include three Quebec ministries, Quebec youth centres, and five community advocacy organizations.

- Research projects in **collaboration with community partners** (private businesses, clinics, government agencies, and non-profit organizations) conducted at ÉTS primarily focus on **developing materials and equipment** to improve worker health and safety.

- The **Canada Research Chair in Biomedical Data Analysis** and research projects conducted at TÉLUQ on human/machine interaction and assistance systems.

- Work conducted by TÉLUQ researchers on management solutions to engage **the homeless** in organizing the services that are available to them.

- Research on public policy and health at TÉLUQ, UQAM, and ENAP as part of the **public policy and health strategic grouping of the Quebec Population Health Research Network (RRSP)** or the **public policy and health study group (GÉPPS)**.

Training physicians and specialized nurse practitioners working outside

Some institutions in the network offer programs for medical students interested in working outside a major urban area. Both UQTR and UQAC work with the faculties of medicine at Université de Montréal and Université de Sherbrooke, respectively, to deliver courses in Mauricie and Saguenay. The institutions also train specialized nurse practitioners (SNPs) in primary care (UQTR, UQAC, UQO, UQAT), mental health (UQTR, UQAR, UQO, UQAT), and pediatric care (UQO, UQAT).