



# ISSUES IN THE HEALTH OF MILITARY PERSONNEL, VETERANS AND THEIR FAMILIES

## COURSE DESCRIPTION

This webinar is an introduction to military, Veteran and family health research. The course will provide you with a foundation for health-related issues associated with experiences unique to military populations. It will address health impacts during active service as well as the health issues of Veterans and their families. Specialists from across the country will contextualize these unique experiences associated with military employment, current and down-stream health, and will introduce theoretical considerations and methodological approaches in conducting applied health research among military populations. Upon completion of the course, students will have a comprehensive understanding of the unique physical and mental health needs of current military personnel, Veterans and their families. Through empirical and clinical case studies, students will be expected to identify those needs and apply their newfound knowledge and understanding of military and Veteran's health to the issues presented.

## CALENDAR DESCRIPTION:

### Issues in the Health of Military Personnel, Veterans and their Families

Students will be exposed to health related issues associated within our military, while also learning about experiences that involve Veterans and their families. As a weekly webinar, the course will include presentations from subject matter experts from across Canada who will contextualize military, mental and physical, health needs and introduce theoretical and methodological approaches to conducting applied health research among this unique population. **(Three hour blocks; weekly for 12 weeks; fall; annual.)**

## EXTENDED COURSE DESCRIPTION

Elective Course: EPID 833, Queen's University  
MPA 583, Royal Military College of Canada

WEIGHT: 1 credit at RMCC  
3 credits at Queen's

PREREQUISITE: None

EXCLUSION: None

START DATE: Sept. 10, 2019

TIME: 6:30 p.m. - 9:30 p.m.

## CONTACT INFORMATION

Dr. Stéphanie Bélanger  
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## HELPFUL LINKS

[WWW.CIMVHR.CA](http://WWW.CIMVHR.CA)  
[MOODLE.RMC.CA](http://MOODLE.RMC.CA)

## JOIN US ON SOCIAL MEDIA

Connect with CIMVHR.



## COURSE FORMAT

The Webinar course will be offered via video camera (Video Teleconference – VTC) across the country and will consist of twelve 3-hour lectures. Students can connect to the video or phone from anywhere in Canada via a web-link on the Moodle website (<http://moodle.rmc.ca>).

Subject matter experts from across Canada will introduce health related research and lead discussions relating to topics from the following:

- i) Primarily mental health & well-being
- ii) Primarily physical health & well-being
- iii) Mixed mental and physical health & well-being
- iv) Health policy
- v) Health services

## COURSE OBJECTIVES

Upon completion of the course, students will have been introduced to, and should have a fundamental understanding of:

- the military as a system, including its administration and policies;
- military culture and deployments;
- health of military populations in the CAF, including Veterans and families, health outcomes of both military and non-military populations;
- current health and research needs for military populations; and,
- theories and methods behind conducting health research in military populations.

## REQUIRED TEXTS & READINGS

- a) Some chapters in *Shaping the Future: Military and Veteran Health Research*, available online: <http://www.cimvhr.ca/cimvhr-publications>
- b) Some chapters in *A New Coalition for a Challenging Battlefield: Military and Veteran Health Research*, available online: <http://www.cimvhr.ca/cimvhr-publications>
- c) Some chapters in *Beyond the Line, Military and Veteran Health Research*, McGill-Queen's University Press, available in all major university libraries
- d) Various scientific articles in major university search engine as well as the articles available at [cimvhr.ca](http://cimvhr.ca):
  - a. Journal of Military, Veteran and Family Health, UTP, available at: <https://jmvfh.ca>
  - b. CIMVHR Reports: <https://cimvhr.ca/cimvhr-reports/>
  - c. Reports from CIMVHR stakeholders: <https://cimvhr.ca/reports/>
  - d. Defence Research reports available at: [http://pubs.drdc-rddc.gc.ca/pubdocs/pcow1\\_e.html](http://pubs.drdc-rddc.gc.ca/pubdocs/pcow1_e.html)

Mandatory readings used for each weekly lecture are referenced on Moodle: <http://moodle.rmc.ca>.

## EVALUATION

### (1) Webinar Attendance and Participation [15%]

- a) Students will be responsible for participating in 3 discussion groups, as determined by the course monitor. Discussion questions will be made available after each lecture on the Tuesday of each week. Each group will have until Monday at 6 p.m. ET to post their answer (250 words). [15%]

### (2) Major Papers [85%]

- a) **Mid-term Paper:** Students will be asked to write a mid-term paper on one of the topics covered during the first half of the semester. [35%] **Due October 25, 2019** by 12 p.m. ET
- b) **End-term Paper:** Students will be asked to write an end-term paper on one of the topics covered during the second half of the semester [50%] **Due December 6, 2019** by 12 p.m. EST

#### Evaluation Breakdown:

Evaluation	Submission date	Value
<b>Mid-term Paper</b>	700 words (hard maximum—nothing beyond 700 words will be read or evaluated). The topic will be chosen from the material presented during the first 6 weeks	35 %
<b>End-term Paper</b>	1200 words (hard maximum—nothing beyond 1200 words will be read or evaluated). The topic will be chosen from the material presented during the last 6 weeks	50 %
<b>Participation in discussion group</b>	Students will be responsible for participating in 3 discussion groups. Each one of these discussion entries will be worth 5%.	15 %
<b>Total</b>		100 %

#### Evaluation criteria for the mid-term and end-term papers:

Criteria	Description	Value
<b>Content and understanding of the question</b>	Pertinence of ideas related to the chosen subject, conviction, complex analysis, coherence, usage of academic references.	70 %
<b>Structure of paper</b>	Original title, clear and well-structured presentation of ideas (introduction, body, conclusion), good continuity, bibliography.	20 %
<b>Written expression</b>	Clarity, spelling, grammar.	10 %
<b>Total</b>		100 %

## ACADEMIC MISCONDUCT

According to the regulations set in place by the Royal Military College of Canada, where the webinar is physically hosted, academic misconduct is defined as cheating, plagiarism or other violations of academic ethics. Students must read through and fully understand the definition and academic consequences of cheating, plagiarism and other forms of academic misconduct by reading the following document: <http://www.rmcc.forces.gc.ca/aca/acpe/ug-rce/am-mce-eng.asp>.

Academic misconduct will not be tolerated. Students found guilty of plagiarism will be given a mark of zero (0) on the paper and may be asked to withdraw from the course with academic penalty.

Academic misconduct, including plagiarism, cheating, and other violations of academic ethics, is a serious academic infraction for which penalties may range from a recorded caution to expulsion from the College. The RMCC Academic Regulations Section 23 defines plagiarism as: "Using the work of others and attempting to present it as original thought, prose or work. This includes failure to appropriately acknowledge a source, misrepresentation of cited work, and misuse of quotation marks or attribution." It also includes "the failure to acknowledge that work has been submitted for credit elsewhere." All students should consult the published statements on Academic Misconduct contained in the *Royal Military College of Canada Undergraduate Calendar*, Section 23.

## IMPACT (IF ANY) ON OTHER PROGRAMS

This course is not expected to overlap with other classes offered by the Department of Public Health Sciences at Queen's University or the Masters in Public Administration at the Royal Military College of Canada. This course will augment student knowledge and understanding of the unique experiences associated with employment in the military and how this translates into different health outcomes as compared to civilian populations. This course will enhance the students' understanding of why military populations have different quality of life indicators and rates of morbidity and mortality.

## SCHEDULE

This is an annual course that is offered one semester per year as a 3-hour weekly webinar. This webinar is presented via video teleconference at the Royal Military College of Canada and available over the internet at the following site: <https://moodle.rmc.ca/login-eng.php> The course will run every Tuesday night, from 6:30 p.m. to 9:30 p.m. ET, starting on September 10<sup>th</sup>, 2019 and ending on November 26<sup>th</sup>, 2019.

## LECTURE SERIES

Date of Webinar	Week	Theme	Lecture Title	Lecturer
10-Sep	1	<b>Healthcare</b>	1. Introduction to CIMVHR 2. Canadian Armed Forces Healthcare System	1. Dr. Stéphanie Bélanger, Professor, Royal Military College of Canada; Associate Scientific Director, CIMVHR 2. BGen Marc Bilodeau, Director General Clinical Services / Deputy Commander Canadian Forces Health Services Group
17-Sep	2	<b>Military Culture</b>	Military Culture and Operational Stress Injuries	Dr. Allan English, Associate Professor, Department of History, Queen's University

24-Sep	3	<b>Moral Injury</b>	Hidden wounds: more than meets the eye	Dr. Suzette Brémault-Phillips, OT, PhD, Associate Professor, Department of Occupational Therapy, Faculty of Rehabilitation Medicine (FRM), University of Alberta; Lead, FRM Military, Veterans and First Responder Research Collaborative
01-Oct	4	<b>Gender</b>	Gender in Military and Transition Experiences rather than Women in Combat	Dr. Maya Eichler, Canada Research Chair in Social Innovation and Community Engagement, and Assistant Professor in Political Studies and Women's Studies , Mount Saint Vincent University
8-Oct	5	Physical Injury	Why does it have to hurt so much? A different way of looking at chronic pain following trauma.	LCol Markus Besemann, Canadian Forces Health Services Group
15-Oct	6		#Here4U: Introducing our online virtual assistant to support the mental health and wellness of Canada's military community	1. Dr. Linna Tam-Seto, Post-Doctoral Fellow, Health Services and Policy Research Institute, Queen's University 2. Jen Nolan, Cognitive Architect, IBM Canada
22-Oct	7		TBD	TBD
29-Oct	8		Military Epidemiology and Combat Health Analytics in the Canadian Armed Forces	Robert Hawes, PhD (Cand.), Senior Epidemiologist, Directorate of Force Health Protection, CF Health Services Group
5-Nov	9	<b>Physical Health</b>	Several Years of Physiotherapy Research in the Canadian Armed Forces: To better serve military, Veterans, and their families	Dr. Luc J. Hébert, PT, CD, Major, Physiotherapy Officer, 1 Canadian Field Hospital Detachment Ottawa; Associate Professor, Rehabilitation, Physiotherapy; Head of research, Radiology & Nuclear Medicine, Faculty of medicine, Université Laval (Quebec); Researcher, Centre for Interdisciplinary Research in Rehabilitation and Social Integration
12-Nov	10	<b>Knowledge Translation in Mental Health Research</b>	R2MR — from conceptualization to operation	1. LCol Suzanne Bailey, Canadian Forces Health Services Group 2. Dr. Nicholas Carleton, Professor, University of Regina
19-Nov	11	<b>Family Needs</b>	Military Family Research: Challenges Facing Military Families	1. Dr. Sanela Dursun, Director, Personnel and Family Support , Director General Military Personnel Research and Analysis 2. Dr. Alla Skomorovsky, Defence Scientist, Personnel and Family Support , Director General Military Personnel Research and Analysis 3. Dr. Deborah Norris, Associate Professor, Department of Family Studies and Gerontology - Mount Saint Vincent University
26-Nov	12	<b>Assessing the Well-Being of Veterans</b>	Veterans' well being: the challenges of transition	Dr. David Pedlar, Scientific Director, CIMVHR; Professor, School of Rehabilitation Therapy, Queen's University

## SUBMISSION DATES

Any paper submitted later than the deadlines without a previous agreement with the course monitor will lose 10% of its total grade per day (24 hour period), including week-ends and holidays.

## ACADEMIC INTEGRITY

Any suspected academic integrity violation will be investigated. It includes, but is not limited to, cheating, plagiarism, other violations of academic ethics. For more information, please refer to para 23 of RMCC Academic Regulations: <https://www.rmcc-cmrc.ca/en/registrars-office/academic-regulations#ai>.

## COPYRIGHTS

The course notes and videos (if applicable) are © Copyright **Stéphanie A.H. Bélanger** and may not be used without the express consent of the author. Students are permitted to use the material without restriction within the context of the course.

## STAFFING

The course will be instructed by Dr. Linna Tam-Seto (RMC and Queen's University) and coordinated by Dr. Stéphanie Bélanger (RMC and Queen's adjunct) and Erin Porter (Special Projects & Office Assistant for CIMVHR). Individual sessions will be conducted by faculty from Canadian universities affiliated with CIMVHR and by health experts affiliated with Veterans Affairs Canada, Canadian Forces Health Services Group, and the Director General of Military Personnel Research and Analysis.

## RESOURCES

The Webinar will be offered nationwide via video teleconference. Students may attend virtually (by accessing Moodle) from anywhere in Canada.

## ENROLMENT

Enrolment can be done through RMCC (MPA 583) and Queen's University (EPID 833). For members outside the Queen's/RMCC community, please contact your department to see if you can take it as an elective through your own university.