

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

## COURSE DESCRIPTION

As an introduction to military, Veteran and family health research, this course will provide students with a foundation for health-related issues associated with experiences unique to military populations. It addresses health impacts during active service as well as the health issues of Veterans and their families. Subject matter experts will contextualize the 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. 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. Students will gain a comprehensive understanding of the unique physical and mental health needs of current military personnel, Veterans and their families.

## CALENDAR DESCRIPTION:

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

Students will be exposed to health related issues associated with Canadian military service and to the global understanding of the health needs and well-being of military, veterans and their families. Delivered as a weekly webinar, the course includes 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

## 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>).

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

PREREQUISITE: None

EXCLUSION: None

FORMAT: Webinar

START DATE: September 12, 2017

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

## CONTACT INFORMATION

Stéphanie Bélanger, PhD  
Professor  
e: [stephanie.belanger@rmc.ca](mailto:stephanie.belanger@rmc.ca)  
t: 613-541-6000 ext. 3678

Julie Burch  
Course Coordinator  
e: [Julie.burch@queensu.ca](mailto:Julie.burch@queensu.ca)  
t: 613-533-6000 ext. 79248

## HELPFUL LINKS

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

## JOIN US ON SOCIAL MEDIA

Connect with us to stay up-to-date with course and lecturer information.

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

- i) Military and Veteran needs.
- ii) Mental health of military and Veterans.
- iii) Physical health of military and Veterans.
- iv) Military and Veteran healthcare system in Canada.
- v) Rehabilitation of military and Veterans following injury.
- vi) Ethical issues when conducting health research in military and Veteran populations.
- vii) Methods to conducting health research in military and Veteran populations.

## 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>
- a) Some chapters in *A New Coalition for a Challenging Battlefield: Military and Veteran Health Research*, available online: <http://www.cimvhr.ca/cimvhr-publications>
- b) Some chapters in *Beyond the Line, Military and Veteran Health Research*, McGill-Queen's University Press, available in all major university libraries
- c) Various scientific articles in major university search engine as well as the articles available on line:
  - a. Journal of Military, Veteran and Family Health, UTP, available at: <http://jmvfh.utpjournals.com/>
  - b. Surgeon General's Health Research Program Reports, available at: [https://cimvhr.ca/sghrp\\_reports/](https://cimvhr.ca/sghrp_reports/)
  - c. 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 [25%]

Students will be responsible for participating in weekly discussion groups. They will respond to one question each week provided by the professor who is lecturing that week and, will also be responsible for responding to one of their classmate's posts. Discussion questions will be made available after each lecture on the Tuesday of each week. Students will have until Sunday at 6 p.m. ET to participate in the discussion group (max. 100 words per post). [25%]

### (2) Major Papers [75%]

- i. **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. [30%] **Due October 17, 2017** by 5 p.m. ET
- ii. **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 [45%] **Due December 7, 2017** by 5 p.m. EST

Evaluation Breakdown:

Evaluation	Submission date	Value
<b>Mid-term Paper</b>	1000 words or approximately 4 pages. The topic will be chosen from the material presented during the first 6 weeks	30 %
<b>End-term Paper</b>	1800 words or approximately 7 pages. The topic will be chosen from the material presented during the last 6 weeks	45 %
<b>Participation in discussion group</b>	Students will be responsible for participating in weekly discussion groups. They will respond to one question each week provided by the professor who is lecturing that week, and will also be responsible for responding to one of their classmate's posts (max. 100 words/response). Five discussion group entries will be chosen at random by the TA for evaluation. Each one of these discussion entries will be worth 5%.	25 %
<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 12<sup>th</sup>, 2017 and ending on November 28<sup>th</sup>, 2017.

## LECTURE SERIES

Date of Webinar	Week	Theme	Lecture Title	Lecturer
12-Sep	1	<b>Healthcare</b>	<ol style="list-style-type: none"> <li>1. Introduction to CIMVHR</li> <li>2. Canadian Armed Forces Healthcare System</li> </ol>	<ol style="list-style-type: none"> <li>1. Dr. Stéphanie Bélanger, Professor, Royal Military College of Canada; Associate Scientific Director, CIMVHR</li> <li>2. Col / col P.J. (Pierre) Morissette, CD, MD, MPH, CCFP, FCFP, Dip Sport Med, Director, Force Health Protection, Canadian Forces Health Services Group Headquarters, Canadian Armed Forces</li> </ol>
19-Sep	2	<b>Military Culture</b>	Military Culture and Operational Stress Injuries - intro to main issues	Dr. Allan English, Associate Professor, Department of History, Queen's University
26-Sep	3	<b>Social Work and Education</b>	Supporting military-connected children in schools	Kari L. Fletcher, MSW, Ph.D., LICSW, Associate Professor, University of St. Thomas Coordinator, Area of Emphasis in Military Practice (AEMP) St. Catherine University-University of St. Thomas School of Social Work
03-Oct	4	<b>Physical Injury</b>	Physical Injury, Psychological Trauma and Chronic Pain: An approach for military personnel	LCol Markus Besemann, Canadian Forces Health Services Group
10-Oct	5	<b>Operational Stress Injuries</b>	Operational Stress Injuries in the Police Forces and in the Armed Forces: The Example of a Survey Study	Dr. Dianne Groll, Department of Psychiatry, Queen's University, Providence Care Mental Health Services, Kingston, Ontario
17-Oct	6	<b>Family Needs</b>	Military Family Research: Challenges Facing Military Families	<ol style="list-style-type: none"> <li>1. Dr. Sanela Dursun, Director, Personnel and Family Support , Director General Military Personnel Research and Analysis</li> <li>2. Dr. Alla Skomorovsky, Defence Scientist, Personnel and Family Support , Director General Military Personnel Research and Analysis</li> <li>3. Dr. Deborah Norris, Associate Professor, Department of Family Studies and Gerontology - Mount Saint Vincent University</li> </ol>
24-Oct	7	<b>Mental Health</b>	<ol style="list-style-type: none"> <li>1. Psychiatric Management of Military-Related PTSD</li> <li>2. Posttraumatic Stress Disorder: Technological Advances in Diagnostics and Monitoring</li> </ol>	<ol style="list-style-type: none"> <li>1. Dr. Don Richardson, MD, FRCPC., Parkwood Operational Stress Injury Clinic, Consultant psychiatrist, Associate Professor-Dept. of Psychiatry-Western University, Assistant Professor – Dept. of Psychiatry &amp; Behavioral Neuroscience - McMaster</li> <li>2. Dr. Ruth Lanius, Professor, Dept. of Psychiatry Harris-Woodman Chair, Associate Scientist, Homewood Research Institute, Western University</li> </ol>
31-Oct	8	<b>Gender</b>	Women and Combat in Canada	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
7-Nov	9	<b>Physical Health</b>	Novel Methods—Rehabilitation	Dr. Jacqueline Hebert, MD FRCPC, Associate Research Chair in Clinical Rehabilitation, Associate Professor, University of Alberta
14-Nov	10	<b>Knowledge Translation in Mental Health Research</b>	R2MR—from conceptualization to operation	<ol style="list-style-type: none"> <li>1. LCol Suzanne Bailey, Canadian Forces Health Services Group</li> <li>2. Dr. Nicholas Carleton, Professor, University of Regina</li> </ol>
21-Nov	11	<b>Recruitment and Attrition</b>	The Future of the Forces	Major-General Nicolas Eldaoud, Chief of Staff, Military Personnel Command, Department of National Defence, Veterans Affairs Committee
28-Nov	12	<b>Assessing the Well-Being of Veterans</b>	<p>Profile of Canadian Armed Forces Veterans in Transition to Civilian Life:</p> <ol style="list-style-type: none"> <li>1. Health, Disability and Determinants of Health</li> <li>2. Income and Employment</li> </ol>	<ol style="list-style-type: none"> <li>1. Dr. Jim Thompson, MD CCFP(EM) FCFP, Medical Advisor, VAC Research Directorate; Adjunct Associate Professor, Department of Public Health Sciences, Queen's University Health</li> <li>2. Mary Beth MacLean, MSc, Health Economist, Research Directorate, Veterans Affairs Canada</li> </ol>

## SUBMISSION DATES

Any paper submitted later than the deadlines (after midnight the due date) without a previous agreement with the professor will lose 10% of its total grade per day, 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

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## STAFFING

The course will be coordinated by Dr. Stéphanie Bélanger (RMCC and Queen's adjunct) and Julie Burch (Project Manager at 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.

