

## **Artist's Health Research Program at the University Health Network**

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### **Purpose:**

The purpose of the Artists' Health Research Program at the University Health Network is to investigate health problems in the artistic community.

### **Goals:**

1. To understand the unique health problems of artists.
2. To study risk factors for health problems in artists.
3. To investigate methods of preventing ill health in artists and promoting good health.
4. To investigate health care for artists.

### **Current and Planned Projects:**

1. Developing a clinical database at the Artists' Health Centre (AHC) at the Toronto Western Hospital. The purpose of this initiative is to develop a clinical outcomes database to investigate the type of health problems presenting to the AHC at the Toronto Western Hospital. This database could be used for future quality control initiatives, program planning and research.
2. Systematic reviews of the artists' health literature. Systematic reviews of the artists' health literature are being performed to investigate what research has been done in the past and to investigate the quality of that research and how it might guide patient care and future research initiatives. We have completed a review of dance injuries, which has been published. A second review is almost done and addresses metabolic problems in dancers. We also plan to undertake a systematic review of pain and strain injuries in orchestral musicians.
3. Prevalence and associated factors of dance-related musculoskeletal pain and injury in professional dancers: an international comparison. This project will be completed in the summer of 2009 and compares pain conditions across several prestigious dance companies in Europe and Canada. The purpose is to investigate pain in dancers and how it affects their dancing. We are also interested in comparing the different jurisdictions with different levels of social support and health care for dancers.
4. Prevalence of pain and associated factors in orchestral musicians. This project is currently under development pending funding. Many musicians play with pain and this project will document the problem and investigate risk factors.
5. Stakeholder consultation on artists' health research. Dr. Cassidy plans to consult with stakeholders regarding the future direction of the artists' health research program. The results of this consultation will help to develop goals for future research projects and help set the agenda for this program.

**Publications (in preparation, in press and published):**

Hincapié CA, Cassidy JD. Disordered eating, menstrual disturbances and bone density loss in dancers: a systematic review. In preparation, 2009.

Soklaridis S. The process of conducting qualitative grounded theory research for a doctoral thesis: Experiences and reflections. *The Qualitative Report*, 14(4), December 2009, in press.

Jacobs CL, Cassidy JD, Côté P, Boyle E, Ramel E, Hartvigsen J, Schwartz I. Prevalence and associated factors of dance-related musculoskeletal pain and injury in professional dancers; an international comparison. In preparation, 2009.

Soklaridis S, Kelner MJ, Love R, Cassidy JD. Integrative health care in a hospital setting: Communication patterns between CAM and biomedical practitioners. In Press, *Journal of Interprofessional Care*, 2009

Barker KK, Soklaridis S, Waters I, Herr G, Cassidy JD. Occupational Strain and Professional Artists: A Qualitative Study of an Underemployed Occupational Group. In Press, *Arts and Health*, 2009.

Soklaridis S, Kelner MJ, Love R, Cassidy JD. The organizational support necessary for integrative health care (IHC): A clinic for artists in a hospital setting. *J Comp Integ Med* 2009 6:3.

Hincapié CA, Morton E, Cassidy JD. Musculoskeletal injuries and pain in dancers: a systematic review. *Archives of Physical Medicine and Rehabilitation* 2008;89:1819-29.

Winston P, Awan R, Cassidy JD, Bleakney R. Clinical examination and ultrasound of self-reported snapping hip syndrome in elite ballet dancers. *Am J Sports Med* 2006;35:118-126.

**Refereed oral presentations:**

Hincapié CA, Cassidy JD. Disordered eating, menstrual disturbances and bone density loss in dancers: a systematic review of the evidence. International Federation of Sports Chiropractic/Fédération Internationale de Chiropratique du Sport (FICS) Sports Symposium, Montreal, QC, April 29, 2009.

Jacobs CL, Cassidy JD, Côté P, Boyle E, Ramel E, Hartvigsen J, Schwartz I, Stern P. Dancers' Perception of Musculoskeletal Injury: Pilot Project and International Comparison. International Federation of Sports Chiropractic. Montreal, Canada. April 29, 2008.

Artist's Health Research Program at the University Health Network  
June 21, 2009

Hincapié CA, Morton EJ, Cassidy JD. A systematic review of metabolic and nutritional disorders in dancers. International Association for Dance Medicine and Science – 18<sup>th</sup> Annual Meeting, Cleveland, OH, October 23-25, 2008. [Award for Student Research Excellence]

Jacobs CL, Cassidy JD, Côté P, Boyle E, Ramel E, Hartvigsen J, Schwartz I, Stern P. Dancers' Perception of Musculoskeletal Injury: Pilot Project and International Comparison. International Association of Dance Medicine and Science, Cleveland, Ohio. October 23-26, 2008.

Jacobs CL, Cassidy JD, Côté P, Boyle E, Ramel E, Hartvigsen J, Schwartz I, Stern P. Dancers' Perception of Musculoskeletal Injury: Pilot Project and International Comparison, Canadian Symposium for Dance Medicine and Science, Toronto Western Hospital, September 2008.

Jacobs CL, Cassidy JD, Côté P, Boyle E, Ramel E, Hartvigsen J, Schwartz I, Stern P. Dancers' Perception of Musculoskeletal Injury: Pilot Project and International Comparison, CREIDO Methods Rounds, Toronto Western Hospital, August 2008.

**Refereed poster presentations:**

Hincapié CA, Cassidy JD. Disordered eating, menstrual disturbances and bone density loss in dancers: a systematic review of the evidence. WFC's 10<sup>th</sup> Biennial Congress; 2009 Apr 30-May 2; Montreal, QC.

Jacobs CL, Cassidy JD, Côté P, Boyle E, Ramel E, Hartvigsen J, Schwartz I, Stern P. Dancers' Perception of Musculoskeletal Injury: Pilot Project and International Comparison. World Federation of Chiropractic 10<sup>th</sup> Biennial Congress. Montreal, Canada. April 30 – May 2, 2009.

Hincapié CA, Morton EJ, Cassidy JD. Musculoskeletal injuries and pain in dancers: a systematic review. 2<sup>nd</sup> World Congress on Sports Injury Prevention, Tromsø, Norway, June 26-28, 2008.

Hincapié CA, Morton EJ, Cassidy JD. What do we really know about musculoskeletal injuries and pain in dancers: a systematic review of the evidence. Toronto Western Research Institute Research Day, Toronto, ON, May 21, 2008.

**Presentations as guest speaker:**

Hincapié CA, Cassidy JD. Disordered eating, menstrual disturbances, and bone density in dancers: a systematic review of the evidence. Oral presentation: Epidemiology Seminar Series, Dalla Lana School of Public Health, Faculty of Medicine, University of Toronto, October 1, 2008.

Hincapié CA, Cassidy JD. What do we really know about metabolic and nutritional disorders in dancers? A systematic review of the evidence. Artists' Health Centre Research Advisory Committee Meeting – Toronto Western Hospital, Toronto, ON, June 5, 2008.

Hincapié CA, Morton EJ, Cassidy JD. Musculoskeletal injuries and pain in dancers: What do we really know? A systematic review of the evidence. Artists' Health Centre Research Advisory Committee Meeting – Toronto Western Hospital, Toronto, ON, June 5, 2008.

Hincapié CA, Morton EJ, Cassidy JD. A systematic review and best-evidence synthesis of health problems of dancers: aims and progress. Artists' Health Centre Research Advisory Committee Meeting – Toronto Western Hospital, Toronto, ON, December 4, 2006.

Winston P, Awan R, Cassidy JD, Bleakney R. Survey, ultrasound, and physical examination of snapping hip syndrome in elite ballet dancers. 16th Annual Meeting of the International Association for Dance Medicine and Science. West Palm Beach, October 19-21, 2006.

### **Students and Projects:**

Wei Y. Clinical database for the Artists' Health Clinic at the Toronto Western Hospital. Undergraduate summer project (JD Cassidy supervisor). University Health Network. Toronto, 2009.

Jacobs, C. Perception of musculoskeletal injury in professional dancers. (JD Cassidy supervisor) MSc at Institute of Medical Science, Faculty of Medicine, University of Toronto, September 2007-September 2009.

Soklaridis S. A Qualitative Research Project Exploring How Integrative Medicine Exists in an Occupational Health Clinic within a Hospital Setting: The Artists' Health Centre Finds a Home at the Toronto Western Hospital. PhD in Social Science and Health, Department of Public Health Sciences, Faculty of Medicine, University of Toronto, (JD Cassidy PhD Committee Member) Defended April 2008.

Hincapié, C. Systematic review of metabolic health in dancers. (JD Cassidy, supervisor) MSc Practicum in Epidemiology, Department of Public Health Sciences, Faculty of Medicine, University of Toronto, September 2006-2007.

Morton E. Systematic review and best evidence synthesis of musculoskeletal injury and pain in dancers. (JD Cassidy Project supervisor) FCCS(C) Resident in Clinical Sciences, Canadian Memorial Chiropractic College, defended, October 2006.