

COMPOSANTE :

**RECHERCHE SUR LES SYSTÈMES DE SANTÉ ET SERVICES SOCIAUX,
SUR L'APPLICATION DES CONNAISSANCES ET SUR LA MISE EN
OEUVRE**

Integrating Sex and Gender Considerations in Knowledge Translation

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KT Canada Seminar, January 14th, 2021

Learning objectives

- Recognize the importance of sex and gender considerations in health research and knowledge translation
- Describe different challenges and approaches to integrating sex and gender in knowledge translation interventions
- Identify resources for in-depth understanding of sex and gender considerations



Overview

- How did I get to sex and gender considerations in my work
- Why sex and gender considerations matter
- Work in progress
 - Definitions
 - Sex and gender in reporting guidelines
- Lessons learned
- Resources



Poll

How long have you known the difference between sex and gender concepts in health research?

1. I do not know the difference between sex and gender
2. I have known the difference between sex and gender for < 1 year
3. I have known the difference between sex and gender for 1 to 3 years
4. I have known the difference between sex and gender for > 3 years





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HOW DID I GET TO SEX AND GENDER CONSIDERATIONS IN MY WORK

CIHR IGH Impact of Gender on KT Interventions Team Grant

'mATrICES-F' Légaré et al.
2018

Report on Team Grant
Recipient Meeting

SR on sex and gender
integration in reporting
guidelines

Development of a
reporting guideline



COMMENTARY

Open Access

Sex and gender analysis in knowledge translation interventions: challenges and solutions



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Gender Impact on Knowledge Translation (GIKT) Group

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Team 1, based in Ontario, Canada, is investigating the impact of gender on the effectiveness of teamwork in the operating room with clinicians in urban academic hospitals (“the OR team”).

Team 2, based in Ontario, Canada, is documenting concepts and ideas for developing and testing educational materials on sex and gender for traumatic brain injury care (“the TBI team”).

Team 3, is performing a systematic review on evidence on sex and gender factors affecting substance use (alcohol, cannabis, nicotine and opioids) and is using the evidence in three pilot interventions on substance use in Manitoba, Nunavut and Saskatchewan, Canada (“the substance use team”).

Team 4 seeks to model a sex- and gender-conscious participatory action approach in occupational health and environmental health interventions by unions and other community groups in the Amazon and in Quebec, Canada (“the occupational/environmental health team”).

Team 5 aims to increase sex- and gender-sensitive clinical behaviours and attitudes through continuing professional development (CPD) activities in French-speaking urban and rural communities in Quebec, New Brunswick and Ontario, Canada (“the CPD team”).

Team 6, a pan-Canadian team, aims to develop and evaluate intersectional approaches to KT frameworks and associated tools with KT intervention developers working with older adults (“the intersectional team”).



Deom Tardif et al., MSc candidate, *Integration of Sex and Gender in a Continuing Professional Development Learning Activity on Diabetes and Depression*

<https://www.researchgate.net/project/Gender-Impact-on-Knowledge-Translation>



WHY SEX AND GENDER CONSIDERATIONS MATTER



Women's Brain Proj. @womensbrainpro · 22h

"Medicine is embedded with sex and gender differences but it seems that we needed a #pandemic to let the world recognize it"



COVID-19: the gendered impacts of the outbreak

Published Online
March 6, 2020
[https://doi.org/10.1016/S0140-6736\(20\)30526-2](https://doi.org/10.1016/S0140-6736(20)30526-2)

Policies and public health efforts have not addressed the gendered impacts of disease outbreaks.¹ The response to coronavirus disease 2019 (COVID-19) appears no different. We are not aware of any gender analysis of the outbreak by global health institutions or governments in affected countries or in preparedness phases. Recognising the extent to which disease outbreaks affect women and men differently is a fundamental

step to understanding the primary and secondary effects of a health emergency on different individuals and communities, and for creating effective, equitable policies and interventions.

Although sex-disaggregated data for COVID-19 show equal numbers of cases between men and women so far, there seem to be sex differences in mortality and vulnerability to the disease.² Emerging evidence suggests that more men than women are dying, potentially due to sex-based immunological³ or gendered differences

Annals of Internal Medicine

IDEAS AND OPINIONS

Sex and Gender Differences in Health: What the COVID-19 Pandemic Can Teach Us

Primavera A. Spagnolo, MD, PhD; JoAnn E. Manson, MD, DrPH; and Hadine Joffe, MD, MSc

Sex; biological and physiologic traits characterizing males and females; and gender, a continuum of socioculturally constructed roles and behaviors associated with men, women, and gender-spectrum diversity, are among the most important determinants of health and disease outcomes. However, these fundamental factors are often ignored in biomedical research and are rarely incorporated into clinical care. We call for sex- and gender-specific and differentiating factors to be urgently included in the research, prevention, and therapeutics implementation response to the coronavirus disease 2019 (COVID-19) pandemic.

conditions, and concurrent treatments) and gender-related (such as lifestyle and socioeconomic status) factors in patients with COVID-19. Furthermore, as clinical trials investigating novel therapeutics to prevent and treat COVID-19 infection are being launched worldwide, it is imperative to incorporate sex- and gender-related data into these trials and to analyze and report treatment outcomes disaggregated by sex and gender.

Taking these actions will be crucial to address several fundamental questions related to COVID-19. For example, we may elucidate to what extent sex biases in COVID-19 outcomes are linked to differences in sex

Why Sex and Gender Need to be Considered in COVID-19 Research

A Guide for Applicants and Peer Reviewers



First, sex-disaggregated data reveal that more males are dying from COVID-19 than females. It is not clear if there are biological factors at play, or if comorbid and behavioural factors are to blame.

Second, pandemics can compound existing inequalities for girls, women, sexual and gender minorities and other at-risk populations. It is essential that these different subpopulations are considered in order to create effective, equitable policies and interventions.



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Sex and gender: modifiers of health, disease, and medicine

Franck Mauvais-Jarvis, Noel Bairey Merz, Peter J Barnes, Roberta D Brinton, Juan-Jesus Carrero, Dawn L DeMeo, Geert J De Vries, C Neill Epperson, Ramaswamy Govindan, Sabra L Klein, Amedeo Lonardo, Pauline M Maki, Louise D McCullough, Vera Regitz-Zagrosek, Judith G Regensteiner, Joshua B Rubin, Kathryn Sandberg, Ayako Suzuki

Clinicians can encounter sex and gender disparities in diagnostic and therapeutic responses. These disparities are noted in epidemiology, pathophysiology, clinical manifestations, disease progression, and response to treatment. This Review discusses the fundamental influences of sex and gender as modifiers of the major causes of death and morbidity. We articulate how the genetic, epigenetic, and hormonal influences of biological sex influence physiology and disease, and how the social constructs of gender affect the behaviour of the community, clinicians, and patients in the health-care system and interact with pathobiology. We aim to guide clinicians and researchers to consider sex and gender in their approach to diagnosis, prevention, and treatment of diseases as a necessary and fundamental step towards precision medicine, which will benefit men's and women's health.

Mogil, J.S. Qualitative sex differences in pain processing: emerging evidence of a biased literature. *Nat Rev Neurosci* **21**, 353–365 (2020). <https://doi.org/10.1038/s41583-020-0310->

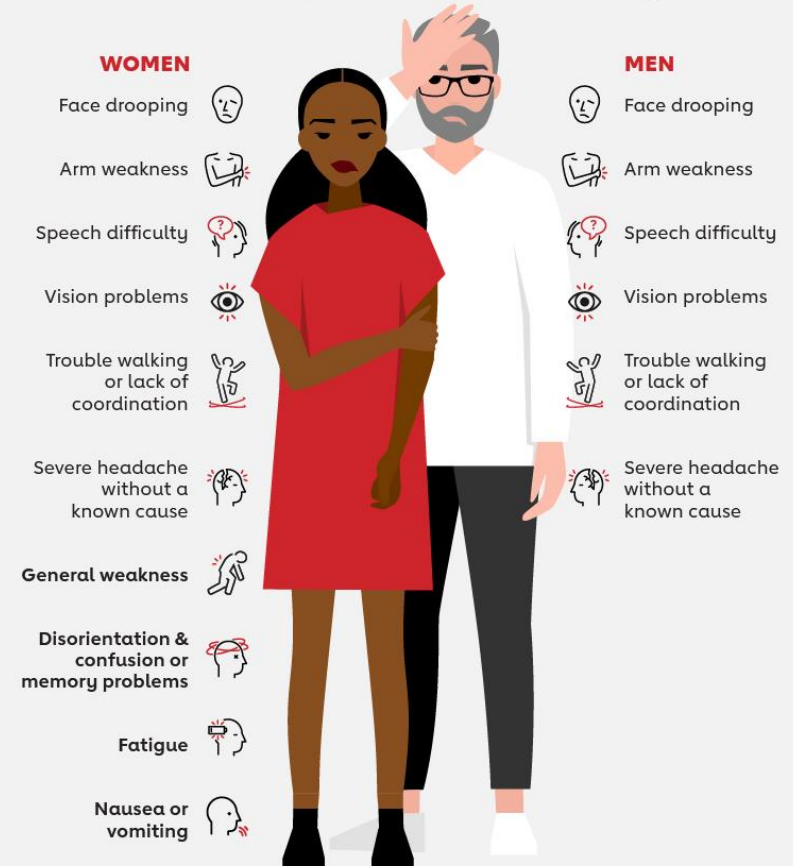
Why sex and gender matter in implementation research

Cara Tannenbaum^{1,2*}, Lorraine Greaves³ and Ian D. Graham⁴

STROKE SYMPTOMS: WOMEN VS. MEN

By American Heart Association News

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.



Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing
Published May 31, 2019 | © 2019 American Heart Association, Inc.



WORK IN PROGRESS