

# UPLEARN UPDATE

In this issue: Message from Andrew Pinto, UPLEARN Director – Highlights – New Projects – How to Get Involved

## DIRECTOR'S MESSAGE

I am happy to share that we are making progress with our work with primary care electronic medical record (EMR) data. Starting with one large primary care team, we are developing an approach that works with data at the site. This is being used to update [CareCanvas](#), a dashboard created by DFCM faculty members, and should make it easier to use the data for other quality improvement (QI) work, operational info and reporting, and research. Stay tuned as we work with each UPLEARN site to advance this in the coming months. We are also arranging a special meeting to explore ways that UPLEARN can help advance QI in other ways, and please reach out if you'd like to be kept updated.

## HIGHLIGHTS

- **IDEAS TO PROPOSAL (I2P) COURSE: SPOTLIGHT ON I2P WINNERS (PART 1 OF 3)**

As promised in our last newsletter, the DFCM Research Program and UPLEARN are proud to feature more detail on each of the three winning proposals from the 2025 I2P Course. First up this month (in no particular order), a summary of the following project:

**‘Effect of preferred language on access to primary care among patients presenting to the emergency department: A cross-sectional study’**, presented by Nisanthini Ravichandiran (Scarborough Health Network) and Keshini Abeyewardene (Unity Health Toronto)

Despite the universal provision of healthcare in Canada, immigrants to Canada face several barriers related to language, culture and knowledge of the health care system. This study uses the Andersen and Newman conceptual framework for utilization of healthcare, to examine the effect of preferred language on access to primary care. The primary objective is to determine whether having English as a preferred language is associated with having a primary care provider among patients who present to the emergency department. The secondary objective is to determine whether having English as a preferred language is associated with proximity to a primary care provider among patients presenting to the emergency department. This study will provide evidence on the effect of language preference on access to primary care, to inform health policy, primary care planning and resource allocation.

Congratulations again to Nisanthini and Keshini, and please stay tuned for more I2P winning proposal details!

- **I2P CONFERENCE WORKSHOP**

In other exciting I2P news, the I2P planning committee presented a workshop at the 2025 Annual DFCM Conference titled, '**Obtaining funding for research: Key insights from the Ideas to Proposal course**'. The workshop featured overviews of UPLEARN and I2P, including course feedback, and presented examples of and strategies for turning research questions into fundable proposals.

## NEW PROJECTS

Recent projects that have been approved by the UPLEARN Site and Community Council:

**Project Title:** GOaL Directed-STrategic Approach with New Disease-modifying theraPies to Reduce kidney and cardiovascular risk in patients with Diabetic kidney disease (GOLD-STANDARD)

**Principal Investigator:** Dr. Ayodele Odutayo ([ayodele.odutayo@mail.utoronto.ca](mailto:ayodele.odutayo@mail.utoronto.ca))

**Summary:** Combined use of new kidney and heart protective medications - including renin-angiotensin system inhibitors (RASi), sodium glucose co-transporter 2 inhibitors (SGLT2i), glucagon like peptide 1 receptor agonists (GLP1RA) and non-steroidal mineralocorticoid receptor antagonists (nsMRA) — as part of guideline directed medical treatment remains suboptimal in patients with diabetic kidney disease. GOLD-STANDARD project is two-arm pilot randomized controlled trial designed to assess the feasibility and safety of a six-month protocol that includes early initiation of these medicines, supported by the Medly mobile phone-based telemonitoring program, compared to standard of care. The findings may inform future research and scalability strategies to improve patient outcomes.

## HOW TO GET INVOLVED

- Do you have a project or proposal you would like to submit for UPLEARN support and partnership? Please go through the [UPLEARN intake process](#) to submit your request!
- Have other questions about UPLEARN and how to get involved? Please get in touch with Jamie Wang, Research Project Coordinator ([jamie.wang@utoronto.ca](mailto:jamie.wang@utoronto.ca)).

### UPLEARN Team

University of Toronto Practice- and Community-Based Learning and Research Network  
Department of Family & Community Medicine  
Temerty Faculty of Medicine, University of Toronto

500 University Avenue



Toronto, ON M5G 1V7

<https://dfcm.utoronto.ca/uplearn>

**Learn more about UPLEARN, visit our [website](#).**

If you wish to unsubscribe from this mailing list, please reply to this email with 'unsubscribe' as the subject line.

