

**2025**

# Impact Report



**PSI**  
FOUNDATION

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# Table of Contents

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- 01 — [About PSI](#)
- 02 — [2025 Officers & Board of Directors](#)
- 03 — [Message from the Chair](#)
- 04 — [2025 Grants & Awards](#)
- 05 — [2026 Graham Farquharson KT Fellowship Recipients](#)
- 06 — [2026 Mid-Career KT Fellowship Recipients](#)
- 07 — [2025 PSI Grantee Spotlights](#)
- 08 — [Closing Remarks](#)
- 09 — [Acknowledgements](#)
- 10 — [Vision Statement](#)

# About PSI Foundation

PSI was once a prepaid medical plan used by thousands prior to the introduction of the Ontario Health Insurance Program (OHIP). In 1970, the physicians of Ontario donated the original \$16 million from the PSI reserve fund to create PSI Foundation.

Since then, PSI has been dedicated to improving the health of people, families and communities by funding interdisciplinary, inclusive, impactful research and education.

For more information, [visit our website](#).



**\$162,000,000+**

Funding provided to  
physicians in Ontario



**\$169,336,520+**

In total endowment



**1,825+**

Physicians supported  
through PSI-funded  
research and education

# 2025 PSI Officers & Board of Directors

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**DR.  
NAANA  
JUMAH**



Chair, Obstetrician Gynaecologist,  
Thunder Bay Regional Health Sciences  
Centre

**DR.  
JOHN  
DROVER**



Vice Chair, Chair of Governance  
Committee, Professor of Critical Care  
and Surgery, Queen's University, Kingston  
Health Sciences Centre

**DR. C.  
ROBIN  
WALKER**



Past-Chair, Professor of Paediatrics,  
Western University

**DR.  
ANDREA  
GERSHON**



Vice Chair Elect, Chair of Grants  
Committee, Respiriologist & Scientist,  
Sunnybrook Health Sciences Centre

**MR.  
DAVID  
MIDDLE-  
TON**



Chair of Finance Committee, Corporate  
Director, Wealth Management

**MS.  
GISELLE  
BODKIN**



Vice Chair of Finance Committee, BDO  
Canada Partner

**DR.  
ISHRAT  
HUSAIN**



Senior Scientist, Scientific Head,  
Professor of Psychiatry CAMH,  
University of Toronto

**MR.  
SAMUEL  
MOORE**



Chief Executive Officer

# Message from the Chair

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The PSI Foundation is constantly adapting to better serve our community of physician researchers and 2025 marked a new phase of our evolution as an organization. We wrapped up *our Strategic Plan 2022-2025*, which saw a transition to a self-governing board structure along with a focus on embedding equity, diversity and inclusion (EDI) principles, strengthening governance and solidifying our mission, vision and values.



One of the recommendations of the *Strategic Plan 2022-2025* was to develop an Advisory Council to the PSI Foundation. The vision of the Advisory Council is to bring together thought leaders from a variety of backgrounds whom the Board can call on to provide a broad-based perspective on the programs and vision of the foundation moving forward. We are delighted to announce Dr. William (Bill) Hemens as the inaugural chair for the Advisory Council. The Board looks forward to working with Bill to convene the advisory council over the coming year.

The Grants Committee, chaired by Dr. Andrea Gershon, has been very active awarding grants and fellowships to researchers, residents, and fellows. In 2025, PSI approved funding for grants and awards *totaling \$7,495,000*. Approximately 50% of the total approved amount went towards funding early-career physician researchers, residents, and trainees, *totaling \$3,358,000*.

The PSI Foundation recognizes that the spark for research is often lit during post-graduate training. Our Resident Research grant supports mentored research projects for post-graduate trainees, and our Research Trainee Award supports individuals who want to complete a research degree concurrent with post-graduate training.

Over the course of 2025, the Grants Committee reviewed 135 full grant and fellowship applications.

# Message from the Chair

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In order to support this work, the Grants Committee has welcomed four new members and plans to onboard two to three more new members in the coming year. The Grants Committee also continues to engage past Knowledge Translation Fellows and Mid-Career Scientist Fellows in the review process for our fellowship competitions.



In addition, a record number of previous grant recipients have participated in the peer review process. We value the participation of prior grantees and want to extend sincere thanks for their ongoing engagement with the PSI Foundation.

As an organization, we strive to meet the needs of physician researchers practicing in Ontario, but we also recognize that the research landscape is continually changing. Consequently, we have initiated a strategic planning process to help position us at the forefront of granting in this space. We are also in the process of rebranding the organization to better communicate our role in supporting physician led research in the province.

As we continue to grow and evolve as an organization, we recognize that our board needs to grow to support this work. In the next year, we will undertake an expansion of the board from the existing seven members up to 11 members. We will also be looking to include a board member with experience in EDI. As always, we welcome engagement from the community of PSI grant recipients on our committees so lookout for expressions of interest in the coming year.

The past few years have been transformational for PSI as an organization, and I am truly looking forward to 2026 when we will be able to present a new look for the foundation.

**-Dr. Naana Jumah, Chair of PSI Foundation**

A handwritten signature in blue ink, appearing to read 'Naana', on a white rectangular background.

# 2025 Grants & Awards



53 new grants & awards approved in 2025 fiscal year



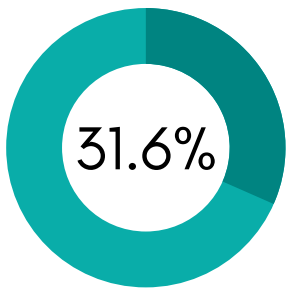
14 Resident Researchers received funding



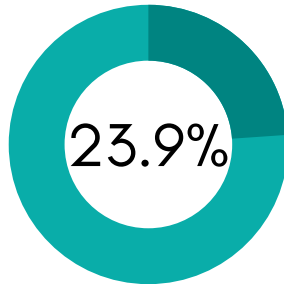
75+ journal articles published from PSI-funded research



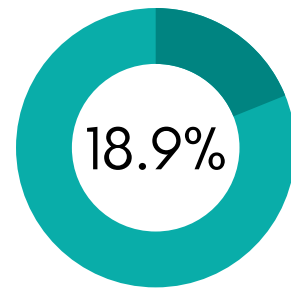
12 New Investigators received funding



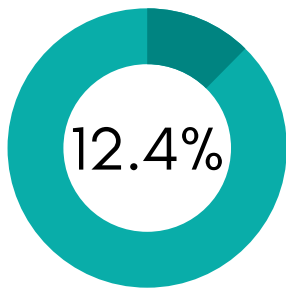
NEW INVESTIGATOR RESEARCH



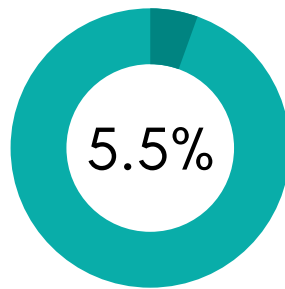
CLINICAL RESEARCH



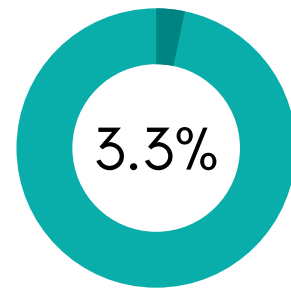
KNOWLEDGE TRANSLATION



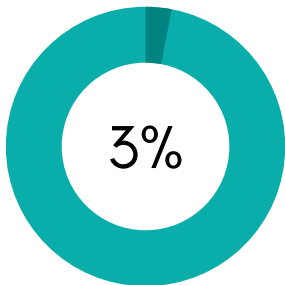
HEALTH SYSTEMS RESEARCH



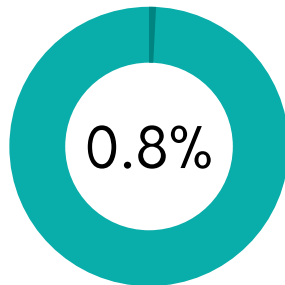
RESIDENT RESEARCH



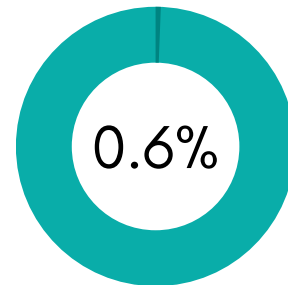
HEALTHCARE RESEARCH BY COMMUNITY PHYSICIANS



EDUCATIONAL FELLOWSHIP FOR PRACTISING PHYSICIANS



RESEARCH TRAINEE AWARD



PSI VISITING SCHOLAR PROGRAM

Check out the 2025 grantees on our website: [Funded Research](#)

# 2026 PSI Graham Farquharson Knowledge Translation Fellowship Recipients

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The PSI Graham Farquharson Knowledge Translation Fellowship – valued at \$300,000 for over two or three years – helps protect a promising physician’s research time, allowing the Fellow to undertake high-impact translational research in Ontario.

PSI Foundation is pleased to name three physician researchers as the 2026 PSI Graham Farquharson KT Fellowship recipients:



**Dr. Saadia Sediqzadah**  
St. Michael’s Hospital (Unity  
Health Toronto)



**Dr. Robert Simpson**  
University Health Network  
(Toronto Rehabilitation  
Institute), Unity Health Toronto  
(St. Michael’s Hospital)



**Dr. Archana Gupta**  
Unity Health Toronto,  
University of Toronto



# 2026 PSI Graham Farquharson Knowledge Translation Fellowship Recipients

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The PSI Graham Farquharson Knowledge Translation Fellowship – valued at \$300,000 for over two or three years – helps protect a promising physician’s research time, allowing the Fellow to undertake high-impact translational research in Ontario.



“This salary support award is an absolute game changer for early career researchers like me. Trying to fit in research activities between clinics, in the evenings or weekends, while also (in my case) raising two small children, is very difficult to do. PSI’s support will allow me to protect my time so that I can focus on my research and knowledge translation projects to benefit the mental health of Ontarians. I am so grateful.”

**Dr. Saadia Sediqzadah**

“The salary support award provided by PSI for this Graham Farquharson Knowledge Translation Fellowship is critical in enabling me to undertake the work proposed. The support will protect my time to implement and evaluate tailored CBT and MBIs for people with MS across Ontario. I will be able to dedicate my time to cementing collaborative working relationships with the specialist MS clinics across Ontario, train clinic staff to deliver these interventions, conduct rigorous analyses of effectiveness and implementation, and ensure the ultimate success of this project.”

**Dr. Robert Simpson**



“Salary support awards for early-career researchers, like the PSI Graham Farquharson Knowledge Translation Fellowship, are vital—they provide the protected time needed to pursue high-impact research and knowledge translation that address health system challenges. With this support, I can focus on translating research into practical solutions for Ontario’s primary care system, ensuring that the best available evidence informs policy and practice.”

**Dr. Archna Gupta**

# 2026 PSI Mid-Career Knowledge Translation Fellowship Recipients

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The PSI Mid-Career Knowledge Translation Fellowship – valued at \$400,000 over two years or three years. The award is intended to protect at least 50% of the fellow’s time to undertake research, regardless of whether the award is taken over two or three years.

PSI Foundation is pleased to name three physician researchers as the 2026 PSI Mid-Career KT Fellowship recipients:



**Dr. Andrea Gershon**  
Sunnybrook Health  
Sciences Centre, University  
of Toronto, ICES



**Dr. Dominique Piquette**  
Sunnybrook Health Sciences  
Centre, University of Toronto,  
Wilson Centre



**Dr. Sophiya Benjamin**  
McMaster University,  
Waterloo Regional Health  
Network



# 2026 PSI Mid-Career Knowledge Translation Fellowship Recipients

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The PSI Mid-Career Knowledge Translation Fellowship – valued at \$400,000 over two years or three years. The award is intended to protect at least 50% of the fellow’s time to undertake research, regardless of whether the award is taken over two or three years.



“As Ontario’s health-care system faces unprecedented pressure, remote clinical monitoring offers a transformative path forward. Supported by the PSI Mid-Career Knowledge Translation Fellowship, my research and knowledge translation will ensure this inevitable shift delivers care that is patient-centred, equitable, safe, and clinically meaningful.”

**Dr. Andrea Gershon**

“Mid-career salary support is crucial for sustaining meaningful research programs and ensuring that early-career momentum translates into long-term impact. At this stage, clinician-investigators are simultaneously advancing complex research portfolios, mentoring the next generation of scientists, contributing to national innovation and health-system priorities, and fulfilling essential clinical and administrative roles. Stable salary support allows them to protect the time necessary to conduct high-impact research, pursue innovative or higher-risk ideas, and maintain the continuity required for longitudinal programs that deliver tangible benefits to Ontarians. Yet funding opportunities for mid-career investigators remain particularly scarce and highly competitive. Without sustained investment in this critical segment of the health research community, Ontario risks weakening its capacity to generate the evidence needed to improve healthcare quality and population health.”



**Dr. Dominique Piquette**



“Salary support awards, particularly for knowledge translation, are an investment that ensures important research doesn’t remain confined to the lab or journal but is mobilized for clinicians and policymakers and ultimately benefits patients. These awards provide protected time and strategic support to physician researchers, helping us bridge this gap and ensure the implementation of high-impact research that improves health outcomes for people across Ontario.”

**Dr. Sophiya Benjamin**

# 2025 Highlight: #PSISpotlight

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At PSI, we collect stories from our funding recipients to see how our values and impact have grown. These research spotlights below demonstrate how the grants we fund are improving the health of people, families, and communities in Ontario.

In 2025, we collected 11 stories from PSI-funding recipients with various background and career levels.

## Our 2025 #PSISpotlight:



# 2025 Highlight: #PSISpotlight

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## Health Systems Research Grantee: Dr. José Pereira



"Through this funding, our research team at McMaster University and Pallium Canada were able to map out in detail the status of palliative care across Ontario and its various regions, identifying strengths and gaps related to access to palliative care for patients who need it and their families. The Pallium Palliative Care Atlas Ontario edition is giving voice to services and initiatives that should be celebrated and spread, and to those who have been trying to capture the attention of policymakers and health managers to improve palliative care access locally. Our research team is grateful to PSI for making this happen and providing a tool to inform growth in this important aspect of health and social care."

**–Dr. José Pereira**

**McMaster University, Pallium Canada**

**Project title:** *Canadian Atlas of Palliative Care: Ontario Edition – Mapping the Present to Meet Future Palliative Care Needs*

**Project description:** Palliative care is a human right. Multiple reports have called for better palliative care access across Canada. Significant gains have been made, but often piecemeal. Access to palliative care still varies considerably across and within provinces/territories. Many hospitals and communities have sub-optimal coverage, and palliative care education is often absent or inadequate in medical and nursing schools. This Atlas will describe the current state of palliative care in Ontario regions across such domains and indicators and compare and contrast between (health) regions.

# 2025 Highlight: #PSISpotlight

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## Clinical Research Grantee: Dr. Nick Daneman



“PSI Foundation support enabled us to better understand the impact of antibiotic treatment duration for bacteremia on the gut microbiome and antimicrobial resistance, and has helped us develop an ongoing clinical trial microbiome substudy pipeline which will continue to uncover important off-target effects of antibiotics on microbiomes and antimicrobial resistance in humans.”

**–Dr. Nick Daneman**

**Sunnybrook Health Sciences Centre**

**Project title:** *BALANCE of the microbiome*

**Project description:** Bloodstream infections are common and potentially fatal, and require early treatment with effective antibiotics to improve patient outcomes. The ideal duration of treatment for these infections is unknown, and in the absence of evidence unnecessarily prolonged treatment lengths are causing avoidable harms to patients. These harms include occasional but severe side effects such as kidney injury and *Clostridium difficile* infection, and increasing bacterial resistance to our antibiotics, but may also include universal but unseen harm to the gut microbiome (the normal diverse bacterial species present in the human gut).

In the *Bacteremia Antibiotic Length Actually Needed for Clinical Effectiveness (BALANCE)* randomized controlled trial the investigators are testing whether 7 days of antibiotics are associated with non-inferior survival rates to 14 days of antibiotic treatment. In this BALANCE of the Microbiome sub-study, in a subset of patients in the BALANCE trial, the researchers aim to test whether 7 days of treatment is superior to 14 days of treatment through preservation of the normal microbiome diversity.

Taken together, the results of the BALANCE trial and BALANCE of the Microbiome sub-study will define the appropriate treatment duration for bloodstream infections, and potentially result in major reductions in antibiotic treatments and harms across Ontario.

# 2025 Highlight: #PSISpotlight

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## Healthcare Research by Community Physicians Grantee: Dr. Jennifer Tsang



“The funding we received from PSI has helped researchers in the community hospitals, like ourselves, to connect with each other, learn from each other and build research programs in our own respectively community hospitals. The data that came from the work that was funded by PSI were by and large drawn from frontline clinicians and researchers in community hospitals.”

**–Dr. Jennifer Tsang**

**Niagara Health**

**Project title:** *Factors Influencing Canadian Community Intensive Care Unit (ICU) Participation in Clinical Research: A Qualitative Descriptive Study*

**Project description:** The COVID-19 pandemic has highlighted weaknesses in Canada’s clinical research infrastructure. Engaging community hospitals in clinical research could increase patient enrolment, broaden the diversity of enrolled patients, and speed up completion of clinical trials. This would lead to more generalizable study results and faster identification of effective and ineffective or harmful interventions. Ultimately, this would lead to improvements in patient outcomes and healthcare cost savings.

The investigators will conduct in-depth semi-structure interviews of community ICU stakeholders: 1) to explore and explain the motivating factors as well as perceived facilitators and barriers to community ICU research participation, and 2) to understand the processes needed to establish and sustain community ICU research programs. The rationale for the proposed study is to gather data to inform the development of a national strategy for the expansion of clinical research to community ICUs in Canada, with a focus on Ontario community ICUs. The ultimate goal is to improve the health of Ontarians.

# 2025 Highlight: #PSISpotlight

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## Clinical Research Grantee:

### Dr. Jorge Martinez-Cajas



“This study helped us confirm that at a local level, consistent infection control, community protective measures and vaccines were effective at halting the spread of SARS-CoV-2 for almost a full year. It also reminded us that a pandemic respiratory virus can mutate and overcome many of the prevention measures we introduced as the Omicron variant did in late 2021. We are indebted to the PSI Foundation for funding this study which is unique in Canada.”

**–Dr. Jorge Martinez-Cajas**

**Queen’s University**

**Project title:** *An Assessment of Serologic Evidence of COVID-19, Social and Occupational Contacts in Health Care Workers in a Sample of Long-Term Care and Acute Care Facilities in South Eastern Ontario*

**Project description:** In Canada, over 71,000 confirmed COVID-19 cases have been reported resulting in over 5,000 deaths. These have occurred predominantly in older adults especially those residing in long-term care facilities. In Ontario, 13% of COVID-19 cases have occurred in residents of LTC, but these represent 70% of COVID-19 provincial deaths. In contrast, most HCW affected in LTC outbreaks have recovered from COVID-19. They are expected to have acquired antibodies which may be protective against subsequent episodes of COVID-19. The investigators will measure antibodies against SARS-CoV-2 in HCW who have worked in institutions affected by COVID-19 outbreaks or who have provided care to COVID-19 patients, and control HCW who have worked at institutions not affected by COVID-19. This will eventually provide a measurement of proportions of COVID-19 susceptible and non-susceptible HCW. The investigators will apply a survey of occupational and social contacts HCW to estimate the risk that HCW have for acquiring or transmitting COVID-19 inside health care facilities and the community. This will allow run computer simulations with actual data to explore how reorganization of care within health care facilities can further reduce the risk of LTC COVID-19 outbreaks.

# 2025 Highlight: #PSISpotlight

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## PSI-50 Mid-Career Clinical Research Award

### Recipient: Dr. Karen Burns



“The PSI 50th Anniversary Mid-Career Clinical Research Award was exceedingly helpful in launching my program of research into a novel area of investigation. I am grateful for the support of the PSI Foundation. The results of these studies are expected to inform policy, improve future study design and reporting, and catalyze secondary analyses of previously published studies. Most importantly, this work will build capacity in SGBA and position Canada as a leader in ‘sex and gender science’ in critical care.”

**–Dr. Karen Burns**

**St. Michael’s Hospital/Unity Health Toronto**

**Project title:** *PSI-50 Mid-Career Clinical Research Award*

**Project description:** The primary aim of this Award is to provide salary support for an outstanding mid-career clinician-researcher whose interests align with PSI’s funding priorities.

The PSI-50 Mid-Career Clinical Research Award acknowledges that mid-career can be a challenging time for scientists. During this phase, there are often additional academic roles and responsibilities including committee work, leadership positions, and mentoring of junior investigators, while clinical work continues. Some funding agencies including the NIH acknowledge that few directed mid-career awards and grants exist to support this phase of an investigator’s trajectory. With this support, Dr. Burns focused her research time on advancing Sex and Gender Based Analyses (SGBA) in critical care.

# 2025 Highlight: #PSISpotlight

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## Resident Research Grantee:

### Dr. Isabelle Létourneau



“PSI Foundation’s support has been pivotal in advancing my research and shaping my career as a clinician–scientist in reproductive medicine.”

**–Dr. Isabelle Létourneau**

**University of Ottawa**

**Project title:** *Prior cesarean delivery and IVF pregnancy rates: a registry-based cohort study*

**Project description:** Cesarean delivery is associated with reduced fertility, independent of other risk factors. Over time, a lower subsequent live birth rate and a longer inter-pregnancy interval among women with prior cesarean delivery have been demonstrated. With the increasing cesarean delivery rate in the past few decades, the importance of such an association has intensified. The cesarean delivery rate is even higher for pregnancies conceived through in vitro fertilization (IVF), which is the most effective treatment for infertility patients. This proposed study aims to evaluate whether there is a difference in the live birth rate after an embryo transfer (ET) in women with a prior cesarean delivery compared to those with only a prior vaginal delivery.

The expected results of this study would prompt research investigating the underlying mechanism, potential treatment options and possible preventative measures. Infertility prevention would decrease the burden on fertility clinics and reduce patients' need to pursue in vitro fertilization. Treatments could reduce the number of failed IVF and ET cycles. Information gathered from this study will allow fertility specialists and obstetricians to better counsel patients who are planning IVF treatments and pregnant women considering a non-urgent cesarean delivery.

# 2025 Highlight: #PSISpotlight

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## Resident Research Grantee:

### Dr. Christina Reppas-Rindlisbacher



“The PSI Resident Research grant enabled me to engage in high impact academic research during my residency — allowing me to explore how older adults from minority language groups experience different outcomes after hip fracture surgery.”

**–Dr. Christina Reppas-Rindlisbacher**

**Women’s College Research Institute, University of Toronto**

**Project title:** *Association between language proficiency and wait time for hip fracture surgery in Ontario: a population based study*

**Project description:** Hip fracture repair is the most common reason for urgent surgery in older persons, making up more than 13,000 hospital admissions in Ontario each year. Wait times for hip fracture surgery have been identified as an important area for provincial improvement. This is because delays in getting this surgery have been linked to more complications and even death. Longer wait times may happen as a result of delays in diagnosis, consent or administrative processes. One factor that could contribute to these delays is language differences between the patient and the health care system. Multiple studies have shown that patients who speak languages other than English and receive care in English-speaking settings face more medical errors and receive worse care. To date, there are no studies looking at language differences as a possible contributor to delays in surgery or reduced quality of care in patients with hip fracture.

This study will investigate how language differences affect the wait times for surgery, the complications after the operation, and where patients go after leaving the hospital. As Ontario’s multilingual population ages, this study will help find solutions to provide more equitable care to all with hip fracture regardless of the language they speak.

# 2025 Highlight: #PSISpotlight

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## Research Trainee Award Recipient: Dr. Natasha Jawa



“The PSI Research Trainee Award has been instrumental in shaping my career as a clinician–scientist by providing the resources needed to investigate the neurocognitive outcomes of critically ill patients undergoing acute kidney replacement therapy (KRT).”

**–Dr. Natasha Jawa**  
**Queen’s University**

**Project title:** [2022 Research Trainee Award](#)

**Project description:** Adults admitted to hospital intensive care units (ICUs) are more likely to develop problems with cognition, which affects how people think, feel, and react. Problems with cognition can cause poorer quality of life, difficulties doing daily activities, and strain the healthcare system. Patients who need dialysis for kidney issues during their ICU stay are at an even higher risk for these problems. Over half of critically ill patients develop kidney problems, and up to 13% need dialysis to replace the function of their kidneys. Brain oxygen levels are linked to cognitive function and can be an early warning sign for cognitive problems. To understand how dialysis affects the brain in critically ill adults, the investigators will: 1) measure the level of oxygen in the brain while patients are on dialysis, and 2) see if these levels are associated with cognition and patient well-being at 3- and 12-months after discharge. To understand differences in brain effects, the investigators will also compare the brain oxygen levels of patients when they are treated with two kinds of dialysis: intermittent hemodialysis, and continuous kidney replacement therapy. This study will inform future interventions to help support the cognition and well-being of critically ill adults treated with dialysis.

# 2025 Highlight: #PSISpotlight

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## Research Trainee Award Grantee:

### Dr. Malik Farooqi



“PSI’s funding gave me the resources and confidence to pursue a novel research project on better understanding patient-ventilator interaction. This project not only advanced our knowledge in the field but also helped shape my growth as a clinician-researcher, inspiring future projects and ongoing research.”

**–Dr. Malik Farooqi**

**McMaster University**

**Project title:** *Driving Pressure in Assisted Ventilation as a Predictor for Successful Liberation from Invasive Mechanical Ventilation (DRIVE-SAFE)*

**Project description:** Adults admitted to hospital intensive care units (ICUs) are more likely to develop problems with cognition, which affects how people think, feel, and react. Problems with cognition can cause poorer quality of life, difficulties doing daily activities, and strain the healthcare system. Patients who need dialysis for kidney issues during their ICU stay are at an even higher risk for these problems. Over half of critically ill patients develop kidney problems, and up to 13% need dialysis to replace the function of their kidneys. Brain oxygen levels are linked to cognitive function and can be an early warning sign for cognitive problems. To understand how dialysis affects the brain in critically ill adults, the investigators will: 1) measure the level of oxygen in the brain while patients are on dialysis, and 2) see if these levels are associated with cognition and patient well-being at 3- and 12-months after discharge. To understand differences in brain effects, the investigators will also compare the brain oxygen levels of patients when they are treated with two kinds of dialysis: intermittent hemodialysis, and continuous kidney replacement therapy. This study will inform future interventions to help support the cognition and well-being of critically ill adults treated with dialysis.

# 2025 Highlight: #PSISpotlight

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## New Investigator Grantee:

### Dr. Jennifer Johnson



“The grant from PSI helped me conduct my first independent study as the PI and research team lead. As a rural community primary care provider geographically distant from any university, it was greatly appreciated that PSI provided the support to conduct qualitative research on MOAs (Medical Office Assistants); an important, but understudied group in health care.”

**–Dr. Jennifer Johnson**

**Western University, Georgian Bay General Hospital**

**Project title:** *Impact of the Covid-19 Pandemic on the Roles, Responsibilities and Health of Medical Office Assistants Working in Family Medicine Clinics in Ontario: Implications for Primary Care Access and Quality*

**Project description:** Medical office assistants (MOAs) are responsible for medical clinic operations and for making triage decisions that affect patient care and outcomes. They connect community members to the 15,000 family physicians currently working in Ontario. Medical office assistants have historically been overlooked in research despite their central role in providing access to the services of family physicians. The Covid-19 pandemic has greatly affected how healthcare is delivered. Much of the work in pivoting to new ways of triaging and connecting patients to their family physician has been carried out by MOAs. This qualitative study aims to explore the experiences of MOAs to better understand how the Covid-19 pandemic has affected their roles, responsibilities and relationships with patients and other team members. The perspectives of the family physicians with whom MOAs work will also be explored. Findings from this study will inform the development of best practices for MOAs to optimize patient care and safeguard the health of this occupational group. Defining competencies for their roles and responsibilities with patients, particularly vulnerable groups, could enhance the provision of primary care in Ontario.

# 2025 Highlight: #PSISpotlight

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## Healthcare Research by Community Physicians Grantee: Dr. Christopher Martin



“The PSI grant enabled my team and I to accomplish a research study on an expert-led, group intervention to aid with physician burnout. Without this grant, we would have been unable to provide this intervention on physician wellness and study its effectiveness.”

**–Dr. Christopher Martin**

**Royal Victoria Regional Health Centre**

**Project title:** *Teaching Practical Skills for Building Resilience in Healthcare Professionals: A Randomized Trial*

**Project description:** Physician burnout is a common problem among Canadian doctors, affecting up to one-third of all physicians. Burnout not only impacts physician health, but may also have a negative impact on patient care. The COVID-19 pandemic has only served to intensify this already significant problem, creating a crisis within the profession. Different strategies to prevent and treat burnout have been tried and studied, but their impact has been small and none have been shown to be effective in the midst of a pandemic. This study will examine the impact of teaching physicians self-compassion exercises on overall well-being. These exercises will be taught by a trained facilitator during a six-week course. Unlike other interventions to prevent and treat burnout, these exercises are intended to be used right at the point-of-distress making them much more likely to be adopted and sustained over time by physicians who already have very limited free time to engage in other strategies that require dedicated time outside their clinical responsibilities. The investigators hope to demonstrate the value of this approach on preventing and treating physician burnout so that we can offer this program to other organizations and healthcare providers.

# Closing Remarks

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2025 represented an exceptional and transformational year for the PSI Foundation, marked by meaningful progress and momentum across many activities; from financing and granting, to branding and strategic planning.



To begin, our endowment experienced robust growth, reaching \$170 million—an increase of \$15 million over the previous year. This significant achievement further reinforces our financial strength and enhances our capacity to deliver sustained, long-term impact. I would like to thank PSI's Finance Committee for their oversight and leadership.

Building on this momentum, the Board of Directors responded proactively to a notable rise in funding demand by approving a \$3 million increase to the grants budget. PSI was therefore able to award an impressive \$7.5 million in new granting activities in 2025, increasing PSI's reach and deepening our support for Ontario's physician-researchers.

At the same time, PSI undertook a thoughtful revitalization of the Grants Committee, welcoming four new members. Their expertise and perspectives have strengthened the integrity, rigour, and effectiveness of the grant review process. We welcome Drs. Julio Furlan (UHN), Assaf Kadar (St. Joseph's Health Centre), Sangeeta Mehta (Sinai Health), and Mina Tohidi (Queen's University).

In parallel, PSI proudly re-envisioned and relaunched the Research Trainee Award program, with a renewed focus on fostering research excellence and building capacity across Ontario.

# Closing Remarks

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Complimenting these efforts, PSI continues to advance to advance an ambitious rebranding initiative which resulted from PSI previous strategic plan.



Moreover, PSI partnered with *Santis Health* to launch a new comprehensive strategic planning process that will shape and guide our future direction over the next three to five years. PSI plans to complete both of these major endeavors in 2026.

I would like to extend my sincere appreciation to the Board of Directors for its steadfast commitment, vision, and leadership in driving these accomplishments forward. The commitment to excellence through both rebranding and strategic planning is no small feat, and our Board is an example of excellence for leading us through these changes.

Looking ahead, we are energized by the opportunities before PSI, which include completing the rebranding process and defining bold strategic directions for the next three to five years.

The results of these two activities; in combination with an increasing endowment; committed Board of Directors; dedicated staff (including Heather Bruder, Jessica Haxton, Eunice Lee, and Asumi Matsumoto); and a more robust Grants Committee; altogether offer the opportunity for 2026 to launch PSI into a new era of funding research.

**-Samuel Moore, CEO of PSI Foundation**

A handwritten signature in black ink, reading "S Moore". The signature is written in a cursive, flowing style.

# Acknowledgements

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PSI thanks the following individuals for the achievements outlined in this impact report:

- Past and present Board of Directors and Special Committee Members
- Past House of Delegates
- Grant and award recipients
- Ontario hospitals
- Ontario medical universities
- External peer reviewers
- Past and present PSI staff
- The physicians of Ontario who made it all possible

**We thank you for your continued support in our efforts to improve the health of Ontarians.**



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