Bringing Research to the Bedside: The Practice-based Research Challenge

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Kevin and Sarah’s Story
Who We Are
Care and Service focused around 6 Populations of Emphasis
- Cardiopulmonary
- Renal
- Mental Health
- Specialized Needs in Aging
- HIV/AIDS
- Urban Health (includes Addictions)

St. Paul’s Hospital
Mount Saint Joseph Hospital
Holy Family
Youville Residence
St. John Hospice
St. Vincent’s: Honoria Conway - Heather
St. Vincent’s: Brock Fahrni
St. Vincent’s: Langara

Plus seven community dialysis clinics & Providence Crosstown Clinic
This Session Will Offer:

• Information about an innovative strategy to improve patient care by engaging interprofessional teams in research projects and knowledge translation

• Evaluation results from the project
Research Challenge: Why Develop a Research Challenge?

- Engage point-of-care staff in research
- Improve patient care
- Create excitement in workplace
Key Partners

- Providence Health Care Research Institute
- InspireNet
- UBC School of Nursing
- Michael Smith Foundation for Health Research
- BC Nurses Union
- Centre for Health Evaluation and Outcome Sciences
- Borrowed the idea from UHN
What Does the Research Challenge Provide?

- Workshops
- Mentorship
- Funding
Who Participated in the First Four Years?

- 284 clinicians, 66 mentors, 34 teams funded
- We will fund 9-10 additional teams in the 2014 Research Challenge
Mixed-Methods Evaluation

- Surveys at baseline, mid-point and after completion of funded research project
- Focus groups with participants in funded research projects
- Interviews with managers
Survey Results Show Significant Improvement

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<th>Knowledge</th>
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<tr>
<td>Baseline Survey (n=101)</td>
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<td>Follow-up Survey 1 (n=68)</td>
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Mean Score
Quotes from Managers

• “It has given them more incentive to look at their work, how they can make it better... They aren’t afraid of research anymore.”

• “Their research is going to impact and directly influence the care they provide.”

• “It certainly generated excitement and enthusiasm for...research.”
Quotes from Participants

• “It’s changed the way I practice.”
• “After doing this, research is less scary.”
• “As frustrating and challenging as it was, it was fun to do.”
• “It’s great to see research happening in partnership with academics.”
Where Are We Now?
Knowledge Translation by Research Challenge Teams

- 60 conference abstracts and Grand Rounds lectures
- Multiple presentations at team meetings
- 3 manuscripts published; 5 others submitted or being prepared
- 2 projects expanded and awarded additional funding, including a CIHR Catalyst Grant
Enhancing Hemodialysis Patients’ Self-care Abilities

- 13% of hemodialysis patients involved in study moved to more independent forms of dialysis
- Patients more involved in day-to-day aspects of care
- Unit leader plans to spread training to other areas on unit
Individualized hemophilia treatment reduced bleeds, increased physical activity and improved quality of life (and saved money!). Team members were recently awarded additional funding from national body to expand this research.
Decision-making for Patients Considering Trans-aortic Valve Implantation

- Program nurse changed her approach to better support patients’ decisions
- Prompted integration of a palliative approach
- The mentors for the team were awarded a CIHR Catalyst Grant to expand this research
Were We Successful? You Bet!

- We engaged almost 300 point-of-care staff in research, so far!
- Research Challenge projects led to patient care improvements and cost savings
- Excitement was created in the workplace
What We Learned

• Strong academic-practice partnership is key
• Beginning researchers need a lot of support, especially with ethics applications
• Mentors play an important role in teams’ success
• Support from leadership is vital!
“Unless nursing [healthcare] leadership believes in research utilization and promotes a culture that supports its activities, research utilization fails to become a lived value...” Resources such as time to conduct research are a function of this lived value and culture.

A Paramonczyk, Canadian Nurse
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