

Practice-Based RESEARCH CHALLENGE

For nurses, dietitians, physiotherapists, occupational therapists, social workers, respiratory therapists, speech-language pathologists, psychologists, pharmacists, physicians, spiritual care workers, diagnostic technologists, change specialists, patient family partners, practice consultants

WHAT An academic-practice partnership that provides mentorship, training and funding to point-of-care staff to embark on small-scale research projects

AIM Support teams of point-of-care clinicians new to research to conduct small-scale, practice-relevant research

OBJECTIVE Increase knowledge of research methods, evidence-informed practice, and employee engagement among participants

SINCE 2011

154 teams applied

656 number of staff participating (all roles)

104 teams funded

88 mentors from PHC, academia, other health authorities, other organizations

OUTCOMES

 **135+** conference presentations & grand rounds lectures

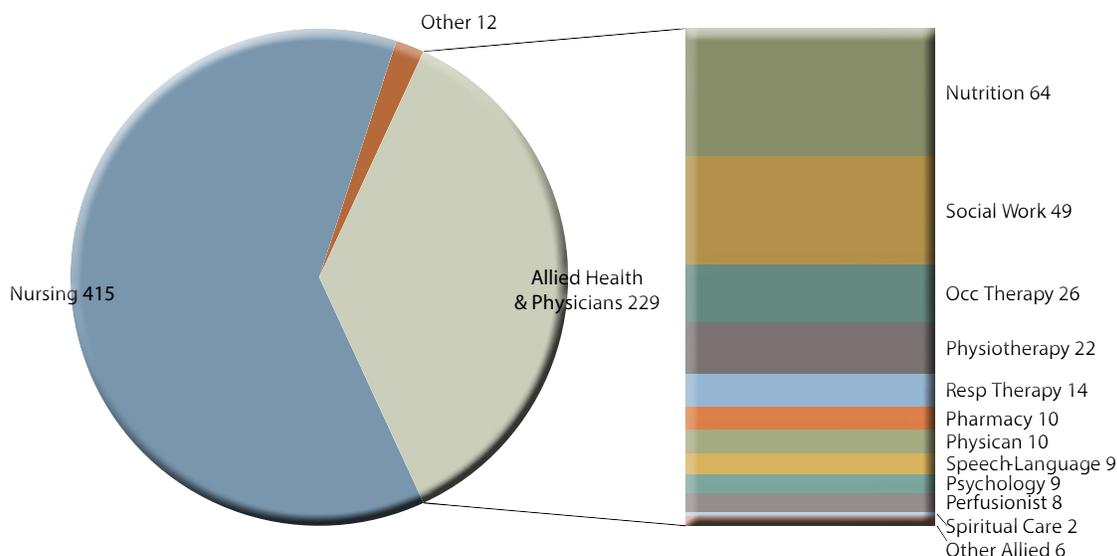
15 manuscripts published on project results 

4 projects expanded and received additional funding from national or provincial agencies

MULTIPLE practice changes adopted

- Hemophilia project on individualized prophylactic treatment reduced bleeds & improved patients' quality of life; treatment is now offered at the provincial hemophilia clinic.
- Transcatheter Aortic Valve Implantation (TAVI) project contributed to a reduction in bedrest time post-procedure from 8 to 4 hours; 4 hours is now standard practice at St Paul's Heart Centre.
- Take-home naloxone kits for overdose - study led to engagement of youth partners in sharing results with clinic patients, and updating of kits and training.

TEAM MEMBERSHIP



IMPACT & THOUGHTS

93% of **MENTORS** agreed that participation enhanced EBP among clinicians

"They're not afraid of research anymore"

"It makes the front line workers really push to get the best possible evidence-based guidelines and practice because they want it. They know it's better based on their really hard data collection and analyzing of the results."

MANAGERS noted an increased enthusiasm and excitement for research

PARTICIPANTS

- 100% said the Research Challenge was useful for promoting EBP
- 90% said they would recommend the program to co-workers
- 71% said the Research Challenge contributed to practice changes at PHC
- 26% were inspired to enrol in graduate school, in part based on the Research Challenge participation

"This was an opportunity to get involved in the research process & I have realized how much I like it."

"An excellent opportunity to really change practice in a way that is meaningful for staff and patients and families."

"Thanks to the Research Challenge, I decided to explore & pursue a Master's in Nursing"

LITERATURE PUBLISHED ABOUT THE RESEARCH CHALLENGE



- Black AT, Ali S, Baumbusch J, McNamee K, Mackay M. Practice-based nursing research: Evaluation of clinical and professional impacts from a research training programme. *J Clin Nurs* 2019; 28 (13-14): 2681-7.
- Johnson F, Black AT, Koh JC. Practice-based Research Program Promotes Dietitians' Participation in Research. *Canadian Journal of Dietetic Practice and Research* 2016; 77(1): 43-6.
- Black AT, Bungay V, Mackay M, Balneaves LG, Garossino C. Understanding Mentorship in a Research Training Program for Point-of-Care Clinicians. *Journal of Nursing Administration* 2016; 46(9): 444-8.
- Black AT, Balneaves LG, Garossino C, Puyat JH, Qian H. Promoting Evidence-Based Practice through a Research Training Program for Point-of-Care Clinicians. *Journal of Nursing Administration* 2015; 45(1): 14-20.
- Black A, Balneaves LG, Garossino C. The Practice-based Research Challenge at Providence Health Care. *Canadian Nurse* 2014; 110(3): 18-20.

PUBLICATIONS FROM RESEARCH CHALLENGE PROJECTS

For complete listing:
<http://professionalpractice.providencehealthcare.org/research/research-challenge/publications-research-challenge>

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