

Research and Knowledge Translation Newsletter

CELEBRATING OUR 10TH EDITION!

By: NH Research & KT Newsletter Editorial Team



This is the NH Research & Knowledge Translation Newsletter's 10th edition, and we would like to highlight and celebrate the occasion.

Throughout this time, the Newsletter has evolved and published short articles from a range variety of health research topics including: Patient-oriented research, data modelling, ethics in research, Covid-19 response experiences, cancer care, quality improvement, virtual care, applied patient-partner work health care team competencies, clinical trials, summer internship projects, and more.

Importantly, we also have included capacity-building articles such as: how to select a research question, evaluation fundamentals, plain language resources, evidence literacy, the new MOU between UNBC, BC SUPPORT Unit Northern Centre supports, conferences, KT events and more.

Previous editions of the Newsletter are available here: <https://www.northernhealth.ca/for-health-professionals/research/knowledge-translation#newsletters>

On this special occasion, we want to thank the authors, designers, staff, editorial team, and most importantly the viewers' feedback to improve the outlet that aims to enhance and bring visibility of Health Research culture at Northern Health and the North.

As always, if you would like to take part on this initiative as a contributor, editorial team, or general supporter, reach out to: research@northernhealth.ca

Sincerely,
NH Research & KT Newsletter Editorial Team

RESEARCH GENERATED EVIDENCE IN EVERYDAY PRACTICE

By: Deanna Townsend
NH Evidence Review Consultant



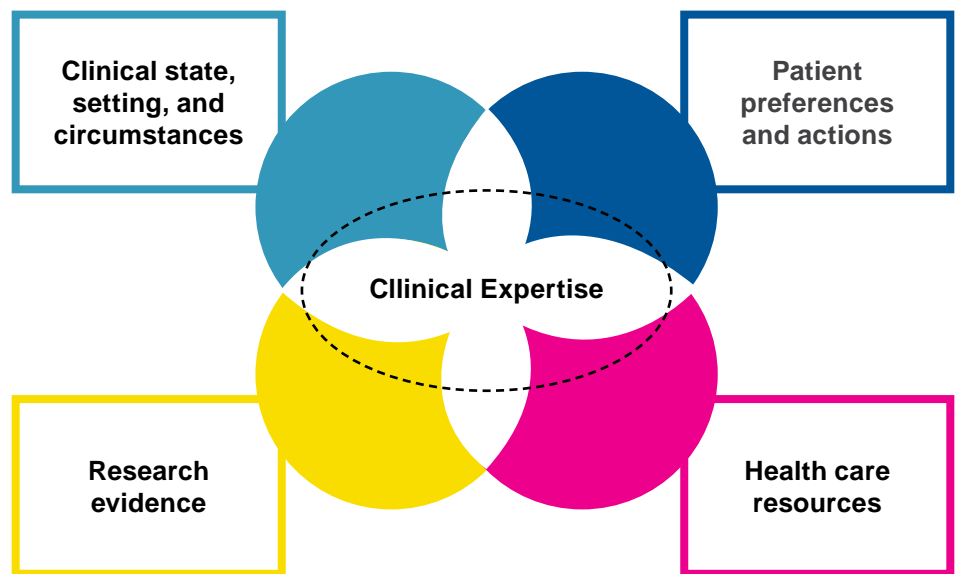
Knowledge Translation, Evidence-Based Practice, Evidence-Informed Decision-Making; these are terms and concepts that we have become familiar in a theoretical way, however putting these ideas to practice can be challenging. In alignment with Northern Health's strategic plan, whereby the organizational culture encourages, expects, and supports the application of best available evidence into practice; understanding the relationship of research-generated evidence to practice requires a level of evidence literacy comparable to other information literacies (NH Strategic Plan, 2021; NH-KT Foundations and Strategy, 2021; Jakubec & Astle, 2021). Evidence literacy is essential to the application of evidence-informed practice as it implies an understanding of the evidence process and within this, an ability to critically evaluate research and literature in order to draw on this to inform and change practice (Martin et al., 2017; Jakubec & Astle, 2021). The challenge in this is limitations on our time and clarity as to the best resources and supports available to ensure we are applying these ideals in the most effective manner. In truth, this process does not have to be overly complicated and

can be utilized simply through some basic understandings, and a logical plan for application to our practice. In addition, [Northern Health's library services](#) can be an invaluable resource in supporting you as you work through some of the essential stages of evidence-informed decision-making.

Broadly defined, evidence-informed practice or decision-making, is the interactive process of integrating knowledge or evidence into practice, whether that is clinical practice or policy development and decision-making (Ciliska, et al. 2008). With an acknowledgement of the dynamic interplay between

health disciplines, patients and the community; and in addition to research literature; context and situational needs should also be considered in the adaptation of synthesized evidence that is supported through a logical decision-making model.

The process of evidence-informed decision-making should be logical and applied through a systematic approach with a clear purpose and objective. The ultimate outcome of course, is the positive change in practice (Jakubec & Astle, 2021). In reality this may be quite an iterative process, as the visual depicts, however foundational understanding of →



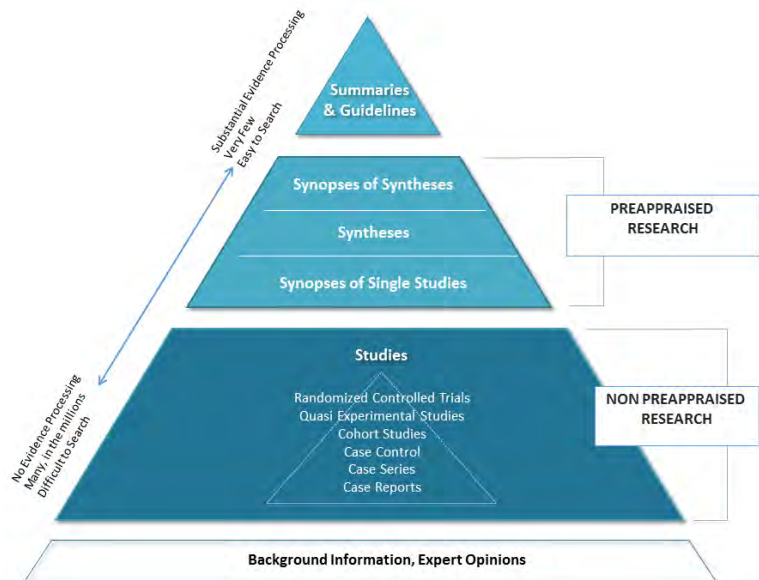
Evidence-Informed Decision Making Model, McMaster University⁽¹⁾

¹ McMaster University. <https://hsl.mcmaster.ca>; <https://hslmcmaster.libguides.com/nursing>

the issue to be explored, the best evidence to access as well as a process of critical appraisal, will set the stage for subsequent synthesis and implementation strategies and provide a strong basis for decision-making (Ciliska et al. 2008).

In this regard, defining the issue for exploration in an evidence-informed process requires careful consideration of the group, circumstances and context of interest in order to effectively focus a review of the literature and other appropriate expert opinion. This is often an overlooked and undervalued step in the process, however it can be one of the most crucial, foundational pieces as it will set the direction of all subsequent stages in the process (Hoffman, et al., 2017). Consideration of an issue as an answerable and searchable question can take practice and may be facilitated through the use of various formats or guidelines such as [PICO](#), [COPES](#) and [SPIDER](#), however the true basis of this stage is to garner a clear understanding of the issue and how it may best be addressed within the searchable literature (Hoffman, et al., 2017; Jakubec & Astle, 2021).

In turn, this facilitates taking the most salient concepts from your question to search the literature, and acquire the best available evidence, both in quality and relevance. This again, is often an iterative process and requires both an understanding of the hierarchy of evidence



as well as the need to balance comprehensiveness with relevancy (Jakubec & Astle, 2021; Ciliska, et al. 2008). It also requires a careful consideration of the context of your question and may necessitate an adaptation of below's hierarchical frame in order to incorporate community knowledge and expertise (Hoffman et al. 2017).

Regardless of the type or source of acquired evidence or literature, a key stage in the evidence-informed process, that is essential to evidence literacy, is the systematic and critical appraisal of all gathered evidence. This stage broadens the understanding of a given issue and allows for a synthesis of the evidence whereby decisions can be made in relation to practice. The strength of this stage lies in an ability to be critical and objective as well as aware of the breadth of relevant expertise

in a given subject, thereby ensuring that the strongest and most relevant evidence is adapted into an actionable plan (Jakubec & Astle, 2021). It is this synthesized and adapted evidence that formulates the document or plan to be shared within your context; whether that is your unit of practice, or a much broader scope for policy development. It can and should include the evidence, rationale and recommendations and can take the form of practice guidelines, program development and updates, as well as standards and policy creation (Yost et al. 2014).

The process of evidence-informed practice and decision-making can be intimidating; however the biggest hurdles are often lack of organizational support, direction and commitment to this process. Committing time and investing resources to build capacity in the use of evidence in practice →

through improved access to research and library services and ongoing professional development are key aspects in moving toward a culture of evidence-informed practice (Yost et. al., 2014). [Northern Health's knowledge translation](#) and [library services](#) are essential to the organization's culture and strategic support in optimizing evidence-informed practice. Connecting you with the resources and support you need is our commitment.

ADDITIONAL RESOURCES

[Northern Health Library Services](#)

[Health Evidence](#): McMaster University and National Collaborating Centre for Methods and Tools; these tools can help you find & use research evidence as well as document and share lessons learned.

[National Collaborating Centre for Methods and Tools](#): The NCCMT encourages and scales evidence-informed decision making in health care organizations in Canada; providing high-quality resources, real-world training and practical mentorship that evolves with, and responds to, the ever-changing needs of public health.

[AMSTAR](#): A Measurement Tool to Assess systematic Reviews; valid, reliable and useable instruments that help users differentiate between systematic reviews, focusing on their methodological quality and expert consensus.

[Critical Appraisal Skills](#)

[Program](#): critical appraisal skills and tools to enable users of research evidence to reach their own judgements.

PHAC [Canadian Best Practices Portal](#): consolidated one-stop shop with a compilation of multiple sources of trusted and credible information for health professionals and decision-makers.

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PHSA SEED GRANT AWARD 2023 WINNERS ANNOUNCEMENT



The Seed Grant Program is sponsored by UNBC, Northern Health, and the Provincial Health Services Authority (PHSA). The goal of the Seed Grant Program is to enable collaborators at these

three institutions to work in partnership and initiate new research projects that focus on improving the quality of health services and improving the health of the population in northern BC.



The funding winners of the 2023 Collaboration for Health Research in Northern BC Seed Grant Program are:

Title	UNBC Lead	PHSA Lead	NH Lead
Developing a Moral Empowerment Program to address moral determinants of providers' wellbeing and contribute to healthcare effectiveness and sustainability	Davina Banner-Lukaris	Alice Virani and Drew Clark	Esther Alonso-Prieto
Examining how a partnership between health and post-secondary education providers can facilitate the return of domestic internationally educated nurses (d-IENs) return to the nursing workforce	Caroline Sanders	Brittany Watson	Joanne Cozac

Thank you to the participants that took the time to submit applications, and congratulations to the winners of the 2023 edition.

NH LIBRARY SERVICES COLLECTION HIGHLIGHT

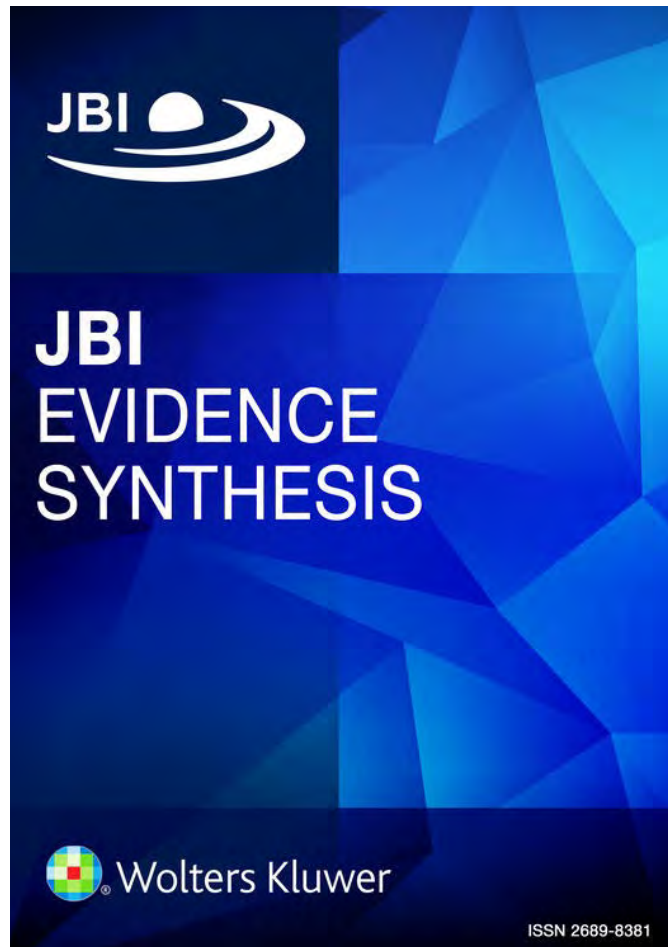


A new collaboration between NH Library Services and NH Research and the Knowledge Translation Newsletter has begun; the goal is to highlight new or current high quality resources available at the NH library that can support health research activities and projects.

This edition's highlight:

The [JBI Evidence Synthesis Journal](#). This journal publishes high-quality, peer-reviewed evidence-based research, offering a comprehensive catalogue of systematic and scoping reviews in health sciences.

To stay current on the latest issues of JBI and more, [subscribe to journal alerts](#) and have content delivered straight to your inbox. Need help? Email library@northernhealth.ca.



UPCOMING EVENTS



FIVE DAYS IN MAY
health research showcase

Join us online every Tuesday in May to learn how research is transforming health and care across the province!

02	09	16	23	30
Indigenous Health	Seniors Health	Planetary Health	Mental Health	Harm Reduction

www.islandhealth.ca/fivedays

Interior Health | northern health | fraserhealth | island health

FIVE DAYS IN MAY

This year marks the 11th year of Five Days in May (FDIM), a collaboration between Fraser Health, Interior Health, Island Health and Northern Health, in partnership with the [BC Network Environment for Indigenous Health Research \(BC NEIHR\)](#).

B.C.'s health research month (May) is designed to educate, inform, share knowledge and spark innovations while bringing together researchers and students, patients and healthcare providers, decision-makers and members of the public. Events are virtually delivered via Zoom and free and open to all.

This year, the programming includes Indigenous Health (May 2), Seniors Health (May 9), Planetary Health (May 16), Mental Health for Healthcare Providers (May 23); and Drug Overdose and Harm Reduction (May 30).

Review specific schedule and register for individual days and events here:

[Five Days in May | Island Health](#)

If you have any questions or would like to present in the future at this event or additional ones, reach out to: marcelo.bravo@northernhealth.ca



VIRTUAL WORKSHOPS FOR EVIDENCE-INFORMED DECISION MAKING

Join the National Collaborating Centre for Methods and Tools for exciting learning opportunities, including two New intermediate-level workshops

New! Evidence Synthesis Workshop

Thursday, June 8, 2023
9:30 a.m.–2:30 p.m. PDT

Are you looking to build your skills in evidence synthesis? This workshop will take you through the evidence review process with hands-on examples for steps in evidence synthesis and resources to support continued learning. The session is designed for public health staff who lead or support evidence synthesis or reviews.

In this session, participants will learn how to:

- Understand and develop a research question and search strategy
- Use the processes for article screening
- Critically appraise and extract data for included articles
- Synthesize findings and develop actionable recommendations

[Click here to register for June 8.](#)

New! Implementation and Evaluation Workshop

Wednesday, June 14, 2023
9:30 a.m.–2:30 p.m. PDT

This workshop will explore how you can adapt, implement and evaluate public health initiatives. The session is designed for public health staff who lead or support public health programs or projects.

In this session, participants will learn how to:

- Adapt programs to the local context
- Develop an implementation plan
- Plan and collect data for evaluation

[Click here to register for June 14.](#)

If you are no longer able to attend a session, please let the organizer know at nccmt@mcmaster.ca.

2023 Northern Research and Quality Conference Save the Date!

We are excited to announce that the planning for the 2023 conference is in full swing and the conference will be held November 7-9, 2023.

2023 Northern BC Research and Quality Conference November 7-9, 2023

Information on format (in person and Zoom virtual options), registration, themes, and agenda will be shared in the coming months.

Save the Date!

Open to everyone with an interest in health care



NORTHERN BC
RESEARCH AND QUALITY
CONFERENCE