

# RESEARCH CHALLENGE 2021

## Guidelines and Process



BC MENTAL HEALTH  
& SUBSTANCE USE SERVICES  
Provincial Health Services Authority



Direct care providers are often familiar with and have unique insights with respect to potential improvements in practices, policies, and the care experience. However, they may not have the capacity, time, or resources to engage in research that could provide an evidence base to inform such improvements. Enabling direct-care staff to conduct research in which they are the end users allows them to fully participate in the cycle of moving research into practice. Educational workshops will strengthen direct care providers ability to understand and apply evidence in their day-to-day practice.

The Research Challenge is opportunity for direct care providers to develop and complete a practice-based, patient-oriented research project that is relevant to the work they do and the people they serve. All teams that complete the NOI process will be eligible to participate in online educational workshops (including self-directed content and seminars) to learn about literature searches, research methods, research ethics, and budget/ project management. Teams will receive research mentorship and patient partner input to help them develop a strong proposal, and – based on a competitive review process – funding to cover costs of the research project (e.g., for backfill to support participation).

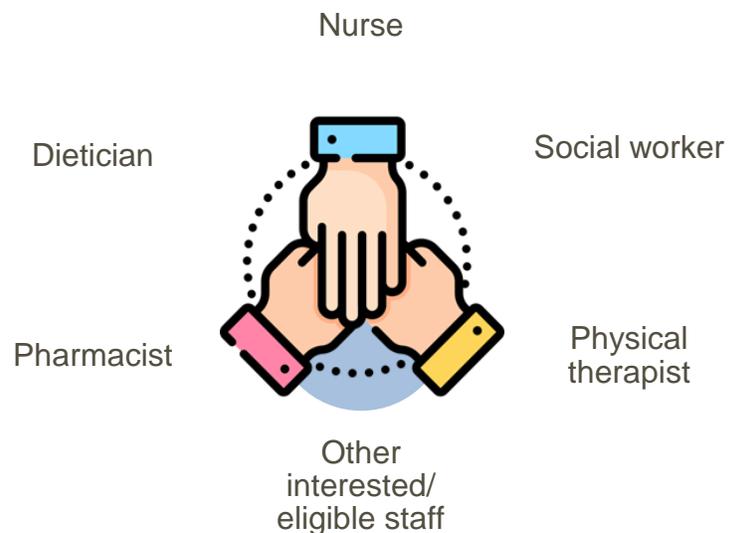
### A. Research Teams and Eligibility

The Research Challenge is open to BCMHSUS direct-care staff with limited research experience<sup>1</sup> and for whom research is not a part of their job.

- Research Teams consist of two or more members, including a *Team Leader* and one or more *Team members*
- Patient engagement – including having a patient partner – is encouraged for all projects

#### Eligibility criteria & team composition

|                     |   |
|---------------------|---|
| <b>Team Leader</b>  | BCMHSUS direct-care staff<br>1.0 FTE, permanent position<br>Employed 1+ years         |
| <b>Team Members</b> | Minimum 0.5 FTE, permanent BCMHSUS staff  |
| <b>Mentors</b>      | Staff with research expertise (e.g., researchers, trainees, physicans, psychologists) |



*Example only. Other disciplines are encouraged to participate.*

<sup>1</sup> Must not have held research funding in the past or have 3 or more scientific publications



## B. Timeline

The process starts with direct care providers self-gathering to form teams of two or more people to submit a Notice of Intent (NOI) application that outlines their research question of interest, lists Team Leader’s and Team Members’ name and contact information, and approval from their respective Managers. Each submitted NOI will be reviewed for eligibility and completion. Eligible teams with completed NOIs are eligible to participate in the educational workshops and will be notified of the schedule and format of applicable workshops. Upon completion of the workshops, teams will work with their Mentor and patient partner, as applicable, to develop a full proposal for their project. The BCMHSUS Research Challenge Advisory Committee will review all submitted proposals against predetermined criteria (that will be shared with teams) and make funding decisions based on alignment with these criteria. Successful research teams will be notified and then have approximately twelve months to complete remaining workshops and their research project. Finally, teams will be invited to share their Research Challenge experience and their findings at a knowledge exchange celebration event.



## C. Evaluation

In order to learn from and refine the BCMHSUS Research Challenge, an evaluation of our processes and impacts will be completed. All participants will be asked to complete self-assessments at key time points in the Research Challenge timeline. Mentors and patient partners will also be asked to share their experiences.



### Evaluation activities and timelines

#### Knowledge, Attitudes, Practices (KAP) Survey

**Baseline** – following NOI and prior to workshops

**Mid-point** – following workshops and submission of funding proposals

**Endpoint** – following completion of funded research projects

#### Consultations

**Endpoint** - with funded team members, mentors, patient partners, and other key stakeholders (e.g., team member managers)

## D. Past Research Challenge Impacts

The Research Challenge has been implemented in other health authorities, in BC and elsewhere. Published findings on evaluations of its impact include the following.

### Clinical and professional impacts of the Research Challenge (Black et al, 2019)<sup>1</sup>

|   |   |
|---|---|
| <p><i>“I really encourage anybody who is thinking about it to give it a try because I think it is a great experience and an excellent opportunity to really change practice in a way this is meaningful for staff and for patients and for families.”</i></p> | <b>71%</b> agreed it contributed to changes   |
|   | <b>26%</b> inspired to attend graduate school   |
|   | <b>83%</b> interested in future research initiatives  |
|   | <b>80%</b> engaged in dissemination   |
|   | <b>90%</b> would recommend to co-worker   |
|   | <b>100%</b> agreed was a useful way to promote evidence-based for them and their team mates |

At Providence Health Care, past Research Challenge projects have resulted in improved understanding of practice gaps and improvements in care. These have resulted in the implementation of new and improved practices, procedures, treatment regimens, and improved quality of life in patients. See below for some examples.

<sup>1</sup> Black A, Ali S, Baumbusch J, McNamee K, Mackay M. Practice-Based Nursing Research: Evaluation of clinical and professional impacts from a research training program. Journal of Clinical Nursing. 2019 Jul;28(13-14):2681-7

## Examples of past Research Challenge projects at Providence Health Care<sup>2</sup>

|   |   |
|---|---|
| Understanding impacts of patient engagement on recovery                                 | <ul style="list-style-type: none"> <li>Understanding the impact of patient engagement on personal recovery for youth with lived experience of mental illness</li> </ul>                                       |
| Impact of clinician training workshops for nurses                                       | <ul style="list-style-type: none"> <li>The impact of a Serious Illness Conversation Guide training workshop for nurses in the Intensive Care Unit: a randomized control trial feasibility study</li> </ul>    |
| Prevalence and incidence of pressure ulcers/bedsores in ICU                             | <ul style="list-style-type: none"> <li>Determining the prevalence and incidence of pressure ulcers in St. Paul's Hospital Intensive Care Unit</li> </ul>  |
| Exploring the experience of inpatients on intervention programs                         | <ul style="list-style-type: none"> <li>Exploring the experience of inpatients with severe alcohol use disorder on a managed alcohol program (MAP) at St. Paul's Hospital</li> </ul>                           |
| Assess knowledge, attitudes, beliefs of staff before and after staff education programs | <ul style="list-style-type: none"> <li>Assessing the knowledge, attitudes, and beliefs of Kidney Care Clinic staff about kidney transplantation before and after a multi-pronged education program</li> </ul> |

More examples: <http://professionalpractice.providencehealthcare.org/research/research-challenge/publications-research-challenge>

### Are you a BCMHSUS direct care provider interested in research?



- Do you have a **practice-related question**, but have limited experience in research?
- Are you interested in **patient-oriented research**, but want some guidance?
- Are you enthusiastic about **applying evidence to improve clinical practice**, but are not sure where to start?
- Do you want to conduct research to **address a knowledge or practice gap** and learn more about the research process?

**Apply for a chance to receive a \$5,000 grant!**

[bcmhsus.ca/research-challenge](http://bcmhsus.ca/research-challenge)

[bcmhsus\\_research@phsa.ca](mailto:bcmhsus_research@phsa.ca)

We would like to acknowledge Aggie Black and Katie Churchill for kindly sharing and allowing us to adapt their Research Challenge materials.

<sup>2</sup> Black A. Practice-based research challenge [Internet]. Providence Health Care; 2019. Available from:

<http://professionalpractice.providencehealthcare.org/sites/professionalpractice.providencehealthcare.org/files/RC%20infographic%2020191101.pdf>