



Fraser Health

Point of Care Research Challenge Improving Nursing Care Through Evidence

Overview and Application Process Initial Application Deadline: December 5, 2011

1. Purpose

The purpose of the Point of Care Research Challenge is to support first-time researchers at the point of care (providing direct care) in developing a research proposal, applying for a grant, and conducting a small local research project that is relevant to nursing care at Fraser Health. The overall aim of the research challenge is to improve health care, promote a "culture of curiosity", and demonstrate the link between research and practice in Fraser Health.

Table 1. Timeline of Competition

Activity	Deadline	
Submission of Letter of Intent	2330	Monday, December 5, 2011
Announcement of Workshop Participation		January 4, 2012
Workshop #1	0900 – 1600	Friday, January 20, 2012
Workshop #2	0900 – 1600	Friday, February 17, 2012
Submission of Full Application	2330	Monday, March 26, 2012
Announcement of Award		April 23, 2012
Protocol submission to FH Research Ethics Board		Last week of May 2012

1.1 Participation Requirements

Phase I: Workshops - How to Write a Research Proposal

Two workshops will be held to assist teams in refining a research question, reviewing the existing literature, and developing a research proposal. The workshops will be held in the Arbutus/Birch Room at the Central City Tower (13450-102 Ave, Surrey). A minimum of two team members MUST attend each workshop.

The Nursing Research Facilitator (NRF), Department of Evaluation and Research Services support staff, and Library Services will be available to work with each team throughout the workshops. Where applicable, there may be backfill funding for team members who must be replaced at their worksite.

Phase II: Research Proposal Submission

Three Point of Care research projects will be supported. The maximum amount of money a team can apply for is \$5000. This funding can be used for research team backfill, supplies, hiring of a research assistant, creating posters, etc. These funds will support studies lasting up to approximately one year in duration.



2. Team Eligibility Criteria

The research teams should include Fraser Health staff from any discipline or privileged physicians. The research project lead or co-lead should be a registered nurse. Each team (average 3 to 7 members) should include health care providers who work at the point of care (direct care to patients). Teams comprised of multiple disciplines are encouraged to apply. In addition to the lead/co-lead, at least one team member should be:

- A Registered Nurse (staff nurse)
- A practice leader (e.g. Manager, Patient/Resident Care Coordinator, Clinical Resource Nurse, Clinician, Clinical Nurse Educator or Clinical Nurse Specialist)

Ineligible teams:

- Teams who do not work in direct patient care
- Teams in which the lead or co-lead currently or in the past have held grants.

Note: Individual team members who have received a research grant in the past can participate so long as they are NOT the team leader. When possible, teams are strongly encouraged to link with academic partners or mentors. The NRF can facilitate these connections if needed.

3. Project Eligibility Criteria

The proposed research should clearly demonstrate:

- Relevance to the [Fraser Health strategic initiatives](http://www.fraserhealth.ca/about_us/strategic_direction) (see: http://www.fraserhealth.ca/about_us/strategic_direction)
- Relevance to a local Fraser Health setting where the research team works
- How results can impact nursing care (i.e. alignment with the Michael Smith Foundation for Health Research, BC Nursing Research Initiatives) (see: http://www.msfrh.org/special_initiatives/nursing_research_initiative/vision)

The aim of the research challenge is to improve health care. Proposed studies should be related to one or more of the following:

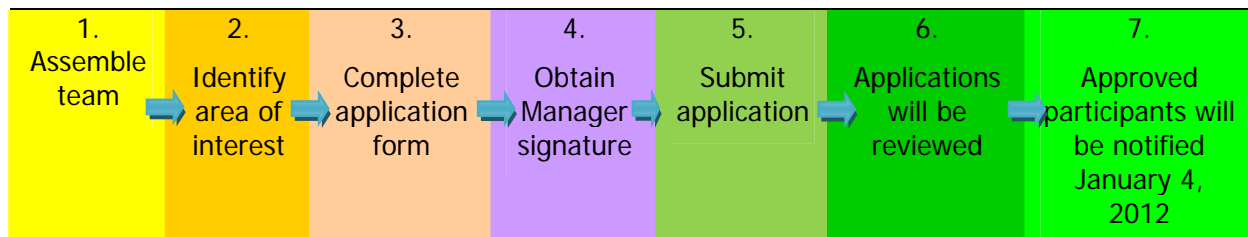
- a. Care delivery (e.g. health promotion, prevention, treatment, care management, the 350 Bed Challenge, Care Delivery Model Redesign (CDMR), Bed Allocation Methodology (BAM) initiatives, etc.)
- b. Education projects that are relevant to practice, for example:
 - i. Innovations in education that respond to the needs of diverse populations
 - ii. Projects related to skill development, clinical judgement or changing competencies for direct care staff
 - iii. Quality and safety of patient care and work environments
- c. Work force innovations such as:
 - i. Interdisciplinary team mix or skill mix (e.g. RNs, RPNs, LPNs, Care Aides) for achieving optimum team composition for safe, effective and efficient care
 - ii. Research into strategies aimed at enhancing recruitment and retention of the nursing workforce (e.g. leadership development, career laddering, staff development, etc.)



The following types of studies are **not** eligible for funding:

- Studies that are normally funded from the FH operational budget, such as program evaluation or quality improvement (see Appendix A).
- Biomedical research (usually conducted in a research lab)
- Team building activities
- Research conducted as part of one's academic requirement (e.g. student projects)
- Trainee residency projects
- Community development projects

4. Initial Application Process



1. Assemble your team.
2. Identify your research area of interest.
3. Complete the application form (*see [insert hyperlink here](#)*).
4. Obtain manager's approval (manager for lead and/or co-lead if team represents several worksites).
5. Submit the completed application form by email: Charlene.Ronquillo@fraserhealth.ca (preferred) OR by fax: 604-953-5137. The application deadline is 23:30 on Monday, December 5, 2011 and any applications received after this time will **not** be accepted.
6. Applications will be reviewed. Successful groups will be notified of their acceptance to attend the workshops by January 4, 2012.
7. Research teams who complete both workshops must submit their research proposal by March 26, 2012. Grant winners will be notified by April 23, 2012.

For any questions about how to submit an application, or any aspect of the Point of Care Research Challenge, please contact Charlene Ronquillo at: 604-953-5112 x769625 or by email at: charlene.ronquillo@fraserhealth.ca.

Acknowledgements

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Appendix A
Differences between Research, Quality Improvement and Program Evaluation*

	RESEARCH	QUALITY IMPROVEMENT	PROGRAM EVALUATION
Which phrase best describes the purpose of your project?	To generate new knowledge, [e.g. pilot testing, new interventions] in order to expose & understand	To improve internal processes, practices, costs or productivity for a specific intervention [i.e. determine how <i>this</i> intervention affected <i>this</i> participant group in <i>this</i> setting].	To evaluate the success of a program, initiative or processes according to predefined goals and objectives
What are you trying to accomplish with this project?	To test a new, innovative practice or understand phenomena of which there is little understanding or prior study	To measure the effectiveness of an existing practice that is an approved procedure or that has been tested and shown to be effective in the literature.	To make judgments about the program, improve or further develop program effectiveness, inform decisions about future programming, and/or increase understanding.
Could your project be done with participants outside your setting?	Yes, having participants outside the setting would add strength to its external validity, e.g. multi-site clinical trials.	No, having participants outside the setting would not make sense because another setting would not deliver the practice in the same way.	No, having program participants outside the program would not make sense because another program would not deliver the practice in the same way
Is Research Ethics Board (REB) approval required?	Yes <i>REB approval is usually required for publication in a research journal.</i>	No	No

*Adapted from Fraser Health Department of Evaluation and Research Services



**Appendix B
Point of Care Research Challenge Workshop
Overview and Learning Intentions**

**Location: 4th Floor, Central City Tower
13450-102 Avenue
Surrey, BC**

Day One: (Friday, January 20, 2012 at 0900-1600 hours)

- Overview of the research process
- Key ingredients of a research proposal
- Refining a research question
- Overview of methods (qualitative and quantitative)
- How to conduct a literature search (computer lab time)
- Overview of critical appraisal of literature skills

**Participants are expected to conduct their literature review prior to Day Two. Library Services and the Point of Care Research Challenge instructors will be available to assist with literature reviews and refining the research questions.

Day Two: (Friday, February 17, 2012, 0900-1600 hours)

- Overview of methods (relevant to the specific research questions of the teams)
- Overview of:
 - Research goals and objectives
 - Protocols
 - Inclusion & exclusion criteria
 - Recruitment
 - Ethical considerations
 - Budget and timelines
 - Populating a template

Participants, with the help of the instructors, will be expected to complete their research proposal. Teams are then invited to submit their proposals for the Point of Care Research Challenge grant of up to \$5000.

Research Proposal deadline: March 26, 2012 at 2330.

Workshop Learning Intentions:

Upon completion of the workshop series, participants will be able to:

1. Describe the steps of the research process
2. Identify the key ingredients of a research proposal
3. Conduct a preliminary literature search of the proposed topic using the electronic databases
4. Describe 2 methods with which to critically appraise research articles
5. Provide a written overview of the literature relating to their specific area of interest
6. Describe the broad differences between quantitative and qualitative research methods
7. Develop a budget for a small research project (up to \$5000)
8. Examine the process of applying for ethical approval from the Fraser Health Research Ethics Board (FHREB)



Appendix C Point of Care Research Challenge Tips*

- Plan your time wisely
- Make sure your proposal meets the competition requirements and guidelines
- Follow all the rules specified in the Application Guidelines
- Take advantage of the Department of Evaluation and Research Services (DERS), Library Services, and/or other courses that are offered to start your exposure to research skills, methods, and terminology
- Connect with experts (i.e. academics or experienced researchers) early on as they are a valuable source of guidance throughout the application and research process
- Don't be afraid to ask for assistance and clarification!

*Adapted from Fraser Health Department of Evaluation and Research Services Grant Preparation Workshop