



Battle Harbour Northern Lights Photo Credit Michael Winsor

Evidence and Engagement for Health System Transformation:

NLCAHR's Approach to Decision Support

Meeting with the Department of Children, Seniors, and Social Development
NOVEMBER 23 2023

Newfoundland & Labrador Centre for

**APPLIED
HEALTH
RESEARCH**

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Presentation Overview



About NLCAHR

A Sustainable Collaboration with the NL Health and Social System



Evidence

The Contextualized Health Research Synthesis Program



Engagement

The Research Exchange Groups Program



Support for Health System Transformation

Work IN 2023 to Support NLHS Decisions | Potential to support DCSSD



About NLCAHR | Dr. Rick Audas, Director

A Sustainable Collaboration with the NL Health and Social System

- NLCAHR was established in 1999:
- to help **build capacity** and resources to undertake and support high-quality applied health research in Newfoundland and Labrador;
- to **increase the amount and impact** of high-quality applied health research undertaken on priority research themes in the province; and
- to **facilitate** the more effective and efficient use of research evidence in the province's health and social system.



About NLCAHR | Dr. Rick Audas, Director

A Sustainable Collaboration with the NL Health and Social System



Dr. Rick Audas
Director



Rochelle Baker
Manager, Communications,
Partnerships, and
Research Exchange Groups



Sarah Mackey
CHRSP Research Officer,
Coordinator of the CHRSP Patient
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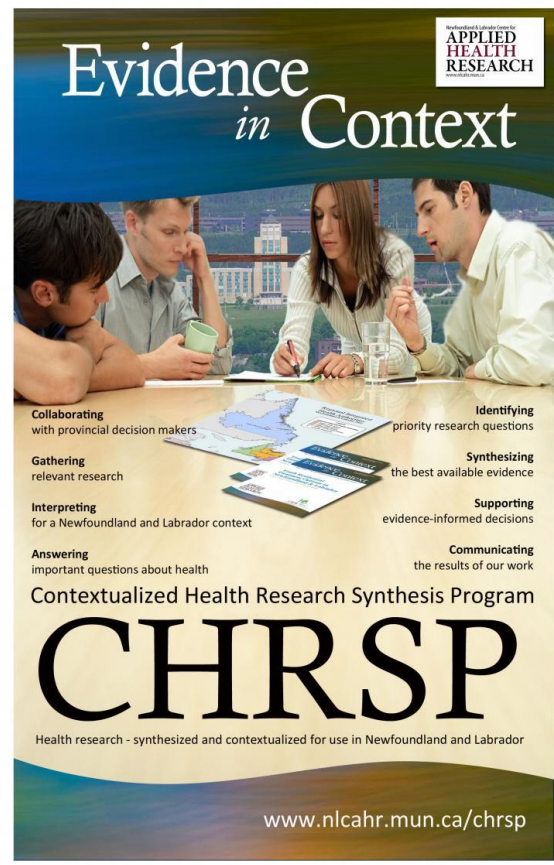
About NLCAHR | Dr. Rick Audas, Director

A Sustainable Collaboration with the NL Health and Social System

- **Supports** provincial health system and community partners:
 - CHRSP: evidence and decision support
 - Research Exchange Groups: engagement and capacity building
- **Brokers** important connections among partners working in health and social system, government, community, and university settings.
- **Collaborates** with health and social system stakeholders (Government & NLHS) to find out what *THEY* need to know! Then provides evidence for decision support, synthesizing the research of others and contextualizing findings for potential implementation in Newfoundland & Labrador.
- **Connects** community partners to Memorial University and our health and social system to support community-led research and collaboration.

Evidence | Pablo Navarro, Senior Research Officer

The Contextualized Health Research Synthesis Program



- Our mission? Deliver **relevant** research evidence and decision support for **priority** issues, identified by our **partners**, in a timely and cost-effective manner.
- CHRSP has published:
 - 56 reports on topics prioritized by the health and social system
 - 34 reports on COVID-19 inquiries
 - 55 COVID-19 e-bulletins (2019-2021)
- Special Focus for 2022-2025:
 - Health System Transformation
 - Support for transition to single authority- NLHS
 - Health Accord-NL | Implementation



Evidence | Pablo Navarro, Senior Research Officer

The Contextualized Health Research Synthesis Program

Our Approach:

- **Integrated Knowledge Translation (iKT) method:**
 - works in partnership with NLHS and government
 - asks the health and social system to propose/prioritize studies
 - includes health, community, and patient partners
 - considers the NL context
 - uses a mixed methodology and partners with nationally recognized subject experts
 - synthesizes existing research evidence rather than conducting primary studies (much quicker!)
- **CHRSP Research Reports/ Decision Support Products:**
 - align with NL health system priorities and goals
 - are available in flexible formats
 - are clear and easy-to-understand
 - result from collaboration and stakeholder consultation
 - pay attention to local factors
 - are consistently used to inform decisions in Newfoundland & Labrador

Our Products:

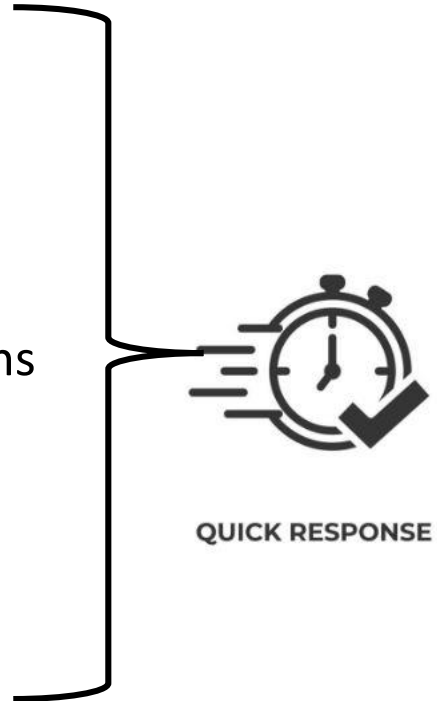
Initial Inquiry: Health System Partners need information

- *Rapid Decision Support* provides requested information quickly
 - Curated overview of published research, grey literature, policy papers, etc.

A decision is pending: decision makers need to drill down

- *Rapid Evidence Reports* answer a specific research question
 - Subject Matter Expert, critical appraisal and summary, contextual considerations
- *Evidence Scans* report on the availability of evidence for a specific question
 - Health Sciences Librarian, review and summarize research activity/ gaps
- *Snapshot Reports* tell you what others have tried to do
 - Review of policies, programs, and practices from other jurisdictions
- *Previously: Evidence in Context Reports* (12 to 18 month timeline)

- Build Research Project Team/ hire a Subject Matter Expert, appraise and synthesize Systematic Reviews, full contextualization, detailed report



Evidence | Pablo Navarro, Senior Research Officer

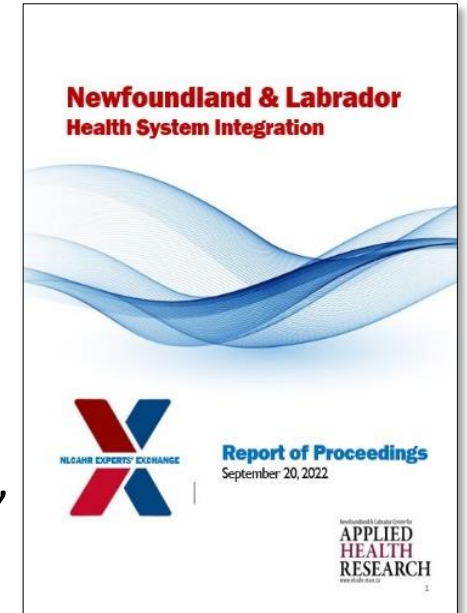
The Contextualized Health Research Synthesis Program



New Product for Transformation Planning

Decision makers seeking expert advice:

- The NLCAHR Experts' Exchange
 - Based on the CIHR “Best Brains Exchange”
 - NLCAHR recruits a panel of leading experts
 - Host a one-day, in-camera session with presentations, Q&A, facilitated discussion, expert guidance and advice.
- First Experts' Exchange September 2022:
 - Integrating Health Services Delivery in a Geographical Model
 - (More on that later!)





Engagement | Rochelle Baker, Manager, Research Exchange

The Research Exchange Groups Program



Research Exchange Groups

- Virtual forum to engage with community, exchange knowledge, build capacity
- 1800+ members: health and social system partners, community partners, patients and caregivers, university
- Organized around applied health research themes
- Respect for community knowledge/ lived experience
- Open exchange: research, practice, programming, policy
- All are welcome: members only need to bring their interest
- New approach: focus groups to connect with CHRSP with potential to support NLHS projects



Engagement | Rochelle Baker, Manager, Research Exchange

The Research Exchange Groups Program



ADHD



Aging



Autism



Arts & Health



Chronic Disease



Cost & Value



Eating Disorders



Gender & Sexuality



Global Health



Harm Reduction



NEW! Health HR



Hort. Therapy



HAIW¹



Indigenous Health



NEW! LHSS



Mental Health



Midwifery/Maternal



MF/ VH²



Oral Health



Palliative/ EoL Care



Rural Health



Engagement | Rochelle Baker, Manager, Research Exchange

The Research Exchange Groups Program

Benefits and Successes:

- Health System can seek advice and guidance from these groups: clinical practice, programs and policy initiatives, help with research, etc. Great way to share new plans, and inform task forces!
- ARC-NL (Aging)
- Support for Community Programs and Community Research:
 - Programs: Phoenix Garden at HMP (Hort. Therapy) ElderDog (HAIW)
 - Research: Quadrangle (GSH), Planned Parenthood (MMH), CFY (Harm Reduction)
- Resources: Engage & Connect, Compendiums on Indigenous Health/ Arts and Health
- Social Prescribing presentations to Health Accord NL
- Networking and Connections
- Research Capacity
- CHRSP Research: Focus Groups

Step 1: What's Urgent?

After the release of Health Accord NL final report, NLCAHR asked the transition planning team what was urgent. Their answer? “Integrating services across geographic zones”

- **NLCAHR Experts Exchange** organized for September 2022 with experts:
 - Dr. Jean Louis Denis, Canada Research Chair, Governance & Transformation of Health Organizations
 - Dr. Anne Snowdon, Chief Scientific Research Officer, Healthcare Info. & Management Systems Society
 - Dr. Victor Maddalena, Healthcare Governance and Organization, Memorial University
- **The Exchange:** NL transition team asked experts about evidence for “integrating mechanisms” to meet a dual challenge: (a) integrating health services across five geographical zones and (b) establishing standards for programs, approaches, and access.
- **The Result:** NLCAHR produced a detailed report with the experts’ answers to targeted questions about health services integration, experts’ suggestions about proposed governance and organizational planning, and a list of local contextual issues to consider.



Support for Health System Transformation | Dr. Rick Audas

Working with NLHS to Support Decisions

Steps 2, 3, and 4

Identifying Key Research Themes, Prioritizing, Collaborating

2. February 2023 | Pre-Consultation with four former RHAs and two government departments

- Confirmed the new suite of CHRSP decision support products
- Yielded a thematic list of key research areas for the start of the transformation process

3. March 2023 | Priority-Setting Meeting

- CHRSP partners gathered to assess and prioritize research themes for CHRSP support
- Four key themes were prioritized equally: HHR, LHSS, Care of Older Adults, Communications

4. May 2023 | Started Collaborating with NLHS Executive Team

- Met with and are continuing to meet with NLHS Transformation VPs and Research/Innovation Team
- Work in progress to determine effective collaboration pathways



Support for Health System Transformation | Dr. Rick Audas

Work in 2023 to Support NLHS Decisions

Where are we now?

- ARC-NL Update
- Established two new Research Exchange Groups: HHR and LHSS
- Completed Rapid Decision Support (and got great feedback!)
 - Outpatient Pathways for Joint Arthroplasty Sept 2023
 - Patient Selection for Joint Arthroplasty Sept 2023
 - Wellness Networks June 2023
 - Primary Care Teams- Snapshot Report (jurisdictional scan)
 - RDS on Primary Care Teams: Panel Size
 - RDS on Primary Care Teams: Appointment Length
- Current collaboration and work in progress:
 - RDS on Rural/ Remote Point of Care Testing
 - RDS on Whole System Navigators
 - RDS on Surgical Services
 - RDS on Hospital Cafeteria Menu Planning



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Other work underway at NLCAHR:

- Discussing a possible Experts' Exchange on LHSS
- Completing “ACT for Chronic Pain Management” *Rapid Evidence* Report.
- Supporting “An Underrepresented, Undervalued Workforce: Understanding and Supporting Quality of Work Life in Long-Term Care” *CIHR Project Grant*.
- Leading Transition House Association of Newfoundland and Labrador (THANL) Study. *NLCAHR has partnered with THANL to study data collection frameworks in violence against women shelters across the province.*

How can we connect with the Department? | Let us know!

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Working with NLHS to Support Decisions



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