MENTORS’ PERSPECTIVES ON A RESEARCH TRAINING PROGRAM FOR POINT-OF-CARE NURSES

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**Objectives**

1) Describe an intervention designed to support point-of-care nurses’ evidence-informed practice

2) Describe the perspectives of the mentors who participated in the program.
Who We Are

Care and Service focused around 6 Populations of Emphasis

- Cardiopulmonary
- Renal
- Mental Health
- Specialized Needs in Aging
- HIV/AIDS
- Urban Health (includes Addictions)

St. John Hospice

St. Vincent’s: Brock Fahrni

St. Vincent’s: Honoria Conway - Heather

St. Vincent’s: Langara

Mount Saint Joseph Hospital

Youville Residence

Holy Family

St. Paul’s Hospital

Plus seven community dialysis clinics & Providence Crosstown Clinic

Providence Health Care

How you want to be treated.
RESEARCH SHOWS THAT…

Patients improve when nurses use evidence-based practice (EBP)

Nurses identify multiple barriers to their use of EBP and engagement with research at the bedside

Mentorship in healthcare has been shown to be effective in furthering EBP and research
With that in mind, we developed the Practice-based Research Challenge to:

• Improve patient care
• Engage point-of-care staff in research & evidence-informed practice
• Create excitement in workplace around research
What Does the Research Challenge Provide?

**Workshops:** literature reviews, research methods, ethical implications of research

**Mentorship:** Each team is paired with a research mentor

**Funding:** Teams receive up to $4000
Who Participated in the First Five Years?

• 400 PHC clinicians
• 51 mentors
• 60 teams funded
What have the funded teams achieved?

• Practice changes leading to patient care improvements
• 66 conference abstracts and Grand Rounds lectures
• 7 manuscripts published; 9 others being prepared
• 2 projects expanded and awarded additional funding, including a CIHR Catalyst Grant
• Evaluation of the program was overwhelmingly positive
Patient and Family Centred Care

- Patient Family Partners are involved in Research Challenge Advisory Committee and on many individual teams
Supporting Needs of HIV+ Patients

- Two studies funded by Research Challenge to better understand nutrition needs of HIV+ patients at PHC have led to changes in dietitian support for this group of patients.

- Another study was conducted to understand and support HIV+ women with history of trauma.

- Team & mentor published their findings in *The Journal of the Association of Nurses in AIDS Care*. 
Individualized hemophilia treatment reduced bleeds, increased physical activity and quality of life

This team and their mentor are preparing two manuscripts to share their findings.
Program nurse changed her approach to better support patients’ decisions & the mentors for the team were awarded a CIHR Catalyst Grant to expand this research.

This team and their mentors published a manuscript in *The European Journal of Cardiovascular Nursing*.
Who Were the Mentors?

We recruited mentors from:

- The group of Clinical Nurse Specialists at our organization
- Faculty at our local School of Nursing
- Physicians in the practice setting
- Professional Practice Leaders with research experience
- PhD students
Mentor Role

We asked the mentors to assist with:

• Reviewing the literature with team
• Offering methods suggestions
• Reviewing proposals for funding
• Assisting with ethics applications
What were the mentors’ perspectives?

All mentors in first three cohorts invited to complete surveys at two time points; 14 of them completed at least one survey.
We asked the mentors whether participation in the Research Challenge:

• Benefited the team members they worked with:
  ➢ 93% said Yes

• Increased research methods knowledge or practice in their team members:
  ➢ 93% said Yes

• Increased evidence-informed practice:
  ➢ 86% said Yes

Increased workplace engagement:
  ➢ 65% said Yes
Mentors’ Suggestions for Improvement

• Offer additional support for ethics application
• More clearly define the mentor role & expectations
• Promote previous teams’ successes
• Offer end-of-grant KT support, esp with publication
• Extend the time frame to complete projects
Research Challenge Program – New and Improved!

We listened to the mentors’ suggestions and have adapted the program in several ways:

• Clear mentor guidelines
• More support for ethics applications
• More support for knowledge translation efforts, including a workshop on How to Publish, and funding for conference presentations
Key Partners

• PHC Professional Practice and CNO
• Providence Health Care Research Institute
• UBC School of Nursing
• BC Nurses Union
• Health Sciences Association of BC
• Centre for Health Evaluation and Outcome Sciences
• UBC Woodward Library
Lessons Learned

A mentorship model can support efforts to enhance evidence-based practice and patient care improvements, for both health care leaders and point-of-care clinicians.
Thinking of starting your own Research Challenge?

This Open Access manuscript provides detailed steps and evaluation report.
Research Challenge Advisory Committee

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