

Physical Therapy Knowledge Broker Report Year 5 September 2013 to October 2014

PURPOSE OF THE DOCUMENT:

The purpose of this document is to provide the Steering Committee / funding partners with a report on the outcomes of year four for the Physical Therapy Knowledge Broker position.



Physical Therapy Knowledge Broker Report Year 5	Submitted by: Alison M Hoens
Date: April 2015	Version Number: 1

1. PROGRESS ON GOALS & DELIVERABLES

Goal 1: Establish a web presence for the PT knowledge brokering initiative

- **Develop and maintain a web page for KT within the UBC Department of Physical Therapy and PABC websites with links to funding partners. The page will host documentation from projects associated with the PT KB role, KT resources for clinicians /decision-makers / researchers, and links to other pertinent KT sites.**

The PT KB will develop the webpage by Sept 2009 and maintain the web page for the duration of the appointment. The funding partners will provide access to the required resources to update and maintain the websites.

Both UBC Department of Physical Therapy and PABC websites house PT KB web pages (established Aug 2009). Content includes: background information on the KB role, regular updates on the respective KB projects, the BC PT Research Collaboration Registry, evidence-informed practice resources and an inventory of KT links. The KB pages on the PABC website are linked to the Clinical Library and include podcasts of the webinars. In 2013 The UBC Dept of PT website provided a button on the introductory page to link directly to the Knowledge Broker pages. Notification of updates to content on the web pages is provided by e-blasts from the PABC CEO and librarian and newsletters from both the UBC Dept of PT and PABC.

- Reach: Google Analytics for Knowledge Broker pages on PABC website: Total number of hits Sept 30 2013 to Sept 30 2014 = **14,094**.

PABC	Sept 1 2009 Dec 8 2009	Jan 1 2010 Sept 10 2010	April 1 2011 Sept 21 2011	Sept 30, 2011 Sept 30 2012	Sept 30, 2012 Sept 30, 2013	Sept 30 2013 Sept 30 2014
Avg # of hits/month	61	133	141.6	203.6	515.8	1174.5

Key messages: 1825% increase in views between the first and most recent year and a 1079% between the previous and current year. The variation in the time periods of data collection was dictated by restructuring of the website by the organization.

UBC	April 1 2013-Sept 30, 2013	Sept 30 2013 - Sept 20 2014
Overview	Total =3,300 Avg # hits/month =136	Total = 9632 Avg # hits/month = 802.7

Key messages: 490% increase in views between the previous and current year.

Potential influencing factors for the dramatic increase in visits :

- Promotion provided by Twitter using the UBC PT KB Twitter account 'PhysioKTBroker'
- Promotion provided by partnerships with Physiopedia, Bone & Joint Canada, BC Pharmacy Association, UBC Continuing Professional Development, British Journal of Sports Medicine
- Promotion provided by newsletter articles, email blasts via PABC and UBC Dept of PT
- Awareness of & positive reputation of existing resources

Next steps

- Work with Physiopedia to enable participant feedback regarding usefulness & impact of resources – develop a 'button' on the webpages to solicit feedback
- Continue to update webpages
- Continue to develop evidence-based practice resources
- Continue to promote webpage content

Goal 2: Facilitate PT clinician / researcher partnerships in BC

- Identify PT clinicians and researchers for potential clinician / researcher partnerships
- Link PT clinicians and researchers for integrated KT and end-of-grant KT collaboration opportunities

The PTKB will develop (by Oct 2009) and maintain a directory of clinicians and researchers with interest and capacity for partnerships and link members for potential collaborations. The funding partners will assist in circulating the call for directory membership and communicating with the PT KB all potential projects for collaboration.

The online research collaboration registry (developed May 2010; updated Feb 2011, Nov 2013 & Dec 2014). Currently 131 PTs across BC registered themselves as researchers, decision-makers and/or clinicians in various practice areas (e.g. orthopaedics). The registry has been used to (1) facilitate research partnerships (2) identify clinical questions for MPT student research projects and (3) develop special interest groups (e.g. Cancer Interest Network). It was accessed 110 and 21 times respectively from the UBC and PABC website during the past year and was also used to broker opportunities for 3 MPT student projects with the clinical community.

Partnerships (provincial & national)

The following table presents the number of participants, for each partner group, for the previous and current reporting period and the corresponding percentage increase between these reporting periods.

Partner Group	# participants 2010-2011	# participants 2011-2012	# participants 2012-2013	# participants 2013-2014
Clinicians	71	87	102	161
Researchers	22	32	38	60
Decision makers	11	23	23	40
Students	11	24	30	31
Patients			5	35

Key messages. Engagement from all stakeholder groups continues to grow with a total of 327 partners over the 5 years of the position. Approximately 35% of partners, after completing one project, choose to engage in another project. This past year included a project, the Physical Activity Support Kit (PASKI) Move More. Sit Less in which patient partners were central. These patient partners were recruited from Impact BC Patient Voices Program.

Next steps

- Continue to work with UBC Dept of PT faculty, VCHRI, PHCRI, PABC and Practice Leaders in Health Authorities to identify opportunities for clinician, researcher, student, patient & decision-maker collaborations.

Goal 3: Enhance access to evidence-based learning resources and knowledge products for PTs in BC

- Identify existing and develop new learning resources and on-line guides to assist clinicians in acquiring, appraising, synthesizing and applying knowledge into practice
- Provide on-line access to the learning resources, guides and other knowledge products

- Developed, disseminated, and supported the implementation of a number of evidence-based resources for BC PTs:

Resource	Purpose	# of hits Apr-Sept 2011	# of hits Sept2011-Sept 2012	# of hits Sept 2012 - Sept 2013	Sept 2013-Sept 2014
Cryotherapy: Why, When & How	- Decision-making tool to guide safe and effective application of cryotherapy and other related interventions to manage pain, inflammation, edema and swelling		58	148	368 PABC 1166 Physio pedia

Electrophysical Agents CIs and Precautions	- Decision-making tool to guide safe application of electrophysical agents	UTPress -~10,000 mailed - 1620 hits - 822 print orders (113 in USA) - 157 orders	UT Press: 4, 403 views 1, 987 downloads 986 purchased 1383 purchased since publication 102 PABC:	238 (PABC)	564 PABC *not on UBC site
SAFEMOB	- Decision-making tool to guide safe mobilization of acutely ill patients - Inventory of literature and links to support SAFEMOB tool - Recording of webinar demonstrating how to use the SAFEMOB tool	87	77	104	548 UBC 35 PABC 771 Physio pedia
Skin & Wound – Use of electrical stimulation and ultrasound to promote wound healing	- Recording of lecture outlining the theory and evidence for use of electrical stimulation and ultrasound to promote wound healing - Recording of practical demonstration - Detailed list of required equipment - Step by step guide on the application of electrical stimulation - References - Links to additional resources	97	164	133	375 UBC 7 PABC
Outcome measures for Total Joint Arthroplasty	- Inventory of valid, reliable, sensitive and specific outcome measures including information on what it measures, who to use it for, how to use it and how to score it	75	75	122	623 UBC 970 PABC
Inventory of databases for outcome measures	- List of links to databases for rehabilitation-related outcome measures	Not available	79	182	370 PABC
Safe Handling of Patients	- A series of 4 'alerts' with key information to guide safe handling of patients in acute care settings - Inventory of resources/links eg. lifting and handling devices	209	52	87	1,239 PABC
Achilles Tendinopathy Toolkit	- (1) Summary of the evidence of interventions (2) Algorithm (3) Details of individual articles (4) Exercise prescription (5)		1102 (PABC) 2,054 from 43	510 (PABC) 16,000 from 45 countries (Physiopedia)	2138 UBC 1435 PABC 11,412

	Laser dosage calculation (6) Summary of medical & surgical interventions		countries (Physiope dia) Not available (BJSM)	84 (BJSM)	Physio pedia
Lateral Epicondyle Tendinopathy Toolkit	(1) Summary of the evidence of interventions (2) Algorithm (3) Details of individual articles (4) Exercise prescription (5) Manual Therapy (6) Braces, Splints & Taping (7) Laser dosage calculation (8) Medical & surgical interventions (9) Outcome Measures			191 (PABC) 2065, 18 countries (Physiope dia) 45 (BJSM) This changed my practice UBC CPD GP blog ~ 8000 hits/month	4374 UBC 1166 PABC 9,530 Physio pedia
Acute Exacerbation of COPD	- Summary of project, Link to systematic review		76	88	212 UBC 32 PABC
Botox and spasticity: management algorithm and inventory of outcome measures	- Algorithm for evidence-informed practice for management of spasticity; Inventory of appropriate outcome measures to evaluate effectiveness of botox		99	98	27 PABC
Guidelines for provision of wheelchairs in progressive neuromuscular disease	- Updated practice guideline for provision of wheelchairs in progressive neuromuscular disease		50	79	308 UBC 74 PABC
FEATHERS – use of robotics & gaming to support UE rehab					191 UBC 23 PABC
Lymphedema <i>*New</i>					117 PABC
Deep Vein Thrombosis <i>*New</i>	Prevention and management of DVT				53 PABC
Use of the Canadian C spine Rule <i>*New</i>					405 UBC 579 PABC
Arthritis referral to PT for Physicians <i>*New</i>					901 PABC
Arthritis referral to PT for Pharmacists					118 PABC

*New					
Research Collaboration Registry	- Database of PTs in BC who wish to be contacted for potential involvement as researchers, decision-makers or clinicians in specific areas of practice		45	59	21 PABC
Overview of the PT KB position	- Outline of the PT KB position (role, scope, activities)		126	126	
KB Position Reports					160 UBC
KT Resources					185 UBC

Key messages:

- 21 resources have been developed over the 5 years of the position.
 - The resources have been viewed a total of ~106,000 times locally, nationally and internationally.
 - Resources that have been developed several years ago are still being extensively accessed, to an even greater degree than initially, especially the Achilles and Lateral Epicondyle Tendinopathy Toolkits (total ~31,000 and 17,500 respectively). Further, the article about the Lateral Epicondyle Tendinopathy Toolkit on the UBC Continuing Practice Development physician blog "This Changed My Practice" (a physician blog) was voted in the top 5 this past year.
 - New resources: Resources developed and disseminated this past year were accessed to a surprising degree in a short period of time. Particularly impressive was the reach of the decision tree to assist physicians in referring patients to physiotherapy for management of arthritis.
 - The international interest in the resources has been remarkable. Physiopedia reports ~40,000 unique visitors to their site /month. There are ~2000 pages of content and the pages with PT KB facilitated resources are in the top 25% accessed. The average dwell time on these pages is ~ 2-4 minutes which is approximately 1.5-2.5 times that of what is considered an attractive/successful webpage.
 - Clearly, the PT KB facilitated resources are addressing needs in practice – both for physiotherapists and other health care providers (e.g. physicians, nurses)
- :
- Provision of **Journal clubs via webinars** for PABC members. The metrics for PABC journal clubs are:

Date	Topic	Partner(s)	Attendees/ Registrants	Downloads of recordings
Nov 2013	OM #1: How to Find, Select, Apply, & Interpret Outcome Measures	Dr Vanessa Noonan	27/65	463
Feb 2014	OM #2 Outcome Measurement for Shoulder Dysfunction	Cameron Bennett	33/70	437
March 2014	Sticking your neck out: Canadian Cspine Rule	Cspine Rule Task Force	45/95	152
April 2013	OM #3: Outcome Measurement for Total Joint Arthroplasty	Dr Marie Westby	38/75	633
July 2014	The Tip of the Iceberg: the icing controversy	Nadine Plotnikoff	90/120	1,599

For **2013-2014**, the webinar series was entitled **Outcome Measures: The Golden Key** and focused on promoting use of outcome measures using popular topics that members had requested searches from the PABC Librarian.

In 2012-2013, the webinar series "The Ease (E's) of Practice: Evidence, Experience and Expertise" used a popular topic (e.g. frozen shoulder), to illustrate the process to access, appraise and apply evidence from the literature and integrate it with evidence from clinical expertise and patient preference.

In 2011-2012, the focus of the journal club webinars was to teach participants how to appraise the quality of a systematic review and meta-analysis.

In 2010-2011, the focus of the journal club webinars was to teach participants how to appraise the quality of a randomized controlled trial. Partners for presentations included Faculty from UBC Dept. of Physical Therapy.

For 2014-2015, the webinar series focusses on partnerships with (1) pharmacy – for management of a) acute inflammation and b) bone health and (2) concussion assessment and management.

The journal clubs include desk-top sharing of articles, complementary evidence, images (including a whiteboard), polling questions providing real-time sharing of opinions and a chat box for posting questions. Additionally, key concepts from the content of the topic, methodological design and statistical analysis are highlighted. Partners for presentations include researchers and clinical leaders.

Each journal club is preceded by a pre-webinar questionnaire to establish the spectrum of knowledge and self-efficacy with evidence-based skills. Further it provides an opportunity for participants to articulate their 'burning questions' regarding the topic. The post-webinar questionnaire provides a means to measure how 'effective' the webinar was in enhancing this knowledge and self-efficacy of participants. Finally, it provides participants with an opportunity to articulate the components that they most and least valued in the format of the session. Of note, one of the most enlightening aspects of the postwebinar questionnaire is the question asking participants to state 3 key things that they learned – frequently, I learn the most from this section. Finally, throughout the webinar there are a series of polling questions to enable interaction with participants. The following table provides a sample of the evaluations of the webinars presented in 2013/2014:

	% reporting that in comparison to prewebinar, feel more confident in knowledge & application	% reporting they will change practice & provided specific examples of how to do so
Outcome Measures: The Basics	70%	Not requested
Outcome Measures & Shoulder Dysfunction	65%	95%
Outcome Measures & Total Joint Arthroplasty	80%	92%
Tip of the Iceberg: The icing controversy	80%	65%

Key messages:

- 601 unique PABC members have registered for the 19 webinars since 2010, representing >25% of the membership (~10% attend library webinars)
- There have been a total of ~6,630 downloads of the recordings of the webinars over the past 3 years
- The synchronous:asynchronous attendance (1:4-1:15) speaks to the advantages of recording sessions to enable those who are unable to participate at the time of recording to access it at a more convenient time.
- The significant percentage of participants report not only the intent to change practice but also specifically articulate how they will do so, reflecting that the material is presented in a manner that can facilitate translation to practice.

The following comments are a selection of those obtained from journal club participants for 2013-2014 webinars

- Re outcome measurement; "To be brutally honest this was not something I had ever given a lot of thought to... but you have changed that!" and "Very informative. Very timely for me as I am on another mission to start using outcome measures and with changes in our workplace I figured now was the time. Have tried before but always just gave up 'cause I didn't know how to choose or sometimes where to look etc. With the information from last night's webinar I am very keen to make it work this time."
- "These short sessions are very helpful. I live in the interior and it is not always practical to travel a distance for courses. These webinars help me keep in touch with current practices in a timeline that works with "real life" "

Next steps

- Continue to develop, post and 'market' learning opportunities and resources that enhance knowledge and build skills for evidence-informed practice.

Goal 4: Identify and facilitate a KT initiative for each of the funding partners

- Identify and facilitate an achievable project that is relevant for PT practice for each funding partner
- Ensure representation from all relevant funding partners for each KT initiative
- Ensure that the selected projects are congruent with the CIHR framework for knowledge translation

The PT KB will facilitate the collaboration between partners for development of resources/tools, implementation of resources/tools and the evaluation of the effectiveness of the interventions. The funding partners will ensure that there is assistance with resources (personnel, meeting rooms, technical support).

Project & Partners	Objectives	Status
<p>Physical Activity Support Kit Initiative (PASKI) Move More.Sit Less</p> <p>KB led project</p> <p>Partners: PABC, UBC Dept of PT, VCHRI, PHCRI, Physical Activity Line of BC, Active Choices (UVic), Impact BC Patient Voices</p>	<p>To create a repository of resources to facilitate physical activity and reduce sedentary time in persons living with chronic disease</p> <p>95 healthcare providers (48), patients (28), decision-makers (13) , students (1) and researchers (18) are participating in a Core Committee, Working groups in clusters of disease categories, and an Advisory Committee to collect, catalogue, evaluate and recommend evidence-informed resources.</p>	<p>Working groups are currently in the collect, catalogue and evaluate phase.</p>
<p>Improving Cognitive & Joint health Network (ICON)</p> <p>Partners: UBC Dept of PT, ARC, School of Interactive Art & Technology (SIAT), Grand NCE Center for Digital Media, QxMD, KinDuct, Laval, U of Alberta</p>	<p>Knowledge translation based initiatives (KT tools) to optimize mobility independence in older adults using digital technologies</p> <p>CIHR funded</p> <p>Personal role: Member of Executive Committee – KT Core Facility Co-leader and a member of the Knowledge User Advisory</p>	<p>Initial network meeting identified priorities</p> <p>Initial projects underway (e.g. Walk 10 blocks – app & awareness campaign to encourage walking for cognitive & joint health).</p>
<p>Electrophysical Agents (EPA) Indications</p> <p>KB led project</p> <p>Partners: PABC, UBC Dept of PT, Canadian Physiotherapy Association</p>	<p>To provide Physiotherapists with an evidence-informed clinical decision-making aid for use of electrophysical agents (eg. Laser, Ultrasound, TENS etc)</p> <p>Team of experts Team recruited from Ottawa, U of Manitoba, U of Toronto, U of Western Ontario & UBC</p>	<p>Completed review and synthesis of use of neuromuscular electrical stimulation for neurological, musculoskeletal and critical care populations. Developing summary tables and decision aids.</p>
<p>ANSWER 2</p>	<p>Funded by a CIHR Catalyst Grant for eHealth Innovations, this project is an</p>	<p>ANSWER-2 online decision aid completed and usability</p>

<p>Partners: Dr. Linda Li Arthritis Research Center UBC VGH VCH Grand NCE</p>	<p>extension of the successful ANSWER decision aid tool to help patients who have rheumatoid arthritis (RA) decide whether to proceed with medication treatment using “biologics” (genetically engineered proteins) as recommended by their doctors.</p> <p>ANSWER-2 will be integrated into an online RA Patient Passport that tracks patients’ health status and allows them to communicate this information with their health professionals.</p>	<p>tests completed. Currently undertaking a study with 55 patients with RA, who have received a new prescription of a biologic agent to determine their decisional conflict, medication knowledge and self-efficacy before and after using the ANSWER-2. Submitting a grant for an RCT comparing outcomes to standard information booklet.</p>
<p>Prospective Surveillance of Arm Morbidity post Breast Cancer surgery</p> <p>Partners: Dr. K Campbell (UBC Dept of PT) PHC, PHCRI, VCHRI Fraser Health BC Cancer Research Institute Simon Fraser University</p>	<p>This project builds on preliminary work that the study team has undertaken to manage the significant arm morbidity for women following breast cancer surgery.</p> <p>Specific aims: 1) improve the quality of research to inform a change in practice with a proactive PT monitoring program to reduce arm morbidity 2) quantify the cost of delivering the intervention and possible cost-savings to the health care system 3) understand the local barriers and facilitators to a change in clinical practice from the point of view of decisions makers, clinicians & patients.</p>	<p>Completed preliminary phases: - community engagement workshop - pilot</p> <p>RCT in process – data collection almost complete</p> <p>Next steps: - KT plan: workshop and online handbook</p>
<p>Total joint arthroplasty: Enhancing utilization of outcome measurement (TJAOM)</p> <p>KB led project</p> <p>- Partners: UBC Dept of PT, PABC, VCH, PHC</p>	<p>3 synergistic projects with the following objectives: (1) To establish a baseline of current utilization of outcome measurement (OM) in TJA care (2) To document clinician identified barriers and solutions to use of OM in TJA care (3) To develop learning resources and tools necessary to facilitate use of OM in TJA care (4) To disseminate, implement, and evaluate the uptake of the learning resources and tools using the information from objectives #1 and #2 in conjunction with evidence from implementation science</p>	<p>Toolkit 95% complete.: Final review of online modules underway.</p> <p>First manuscript published</p> <p>Provincial, national & international dissemination in process.</p>
<p>AECOPD project</p> <p>KB led project</p> <p>Partners: UBC Dept. of PT PHCRI VCHRI PABC University of Toronto University of Saskatchewan CESEI</p>	<p>Given that SAFEMOB could not adequately address the needs for safe and effective exercise prescription for Acute Exacerbation of Chronic Obstructive Pulmonary Disease (AECOPD), the AECOPD project grew from the SAFEMOB project. The AECOPD team, under the direction of Dr. Pat Camp, successfully secured funding from the Canadian Institute of Health Research Knowledge Synthesis Grant for the initial phase of this project and recently received funding from PHCRI for KT implementation.</p>	<p>The systemic review of SRs has been viewed 23, 720 times</p> <p>Recommendations derived from a Delphi process with researchers & clinicians from multiple disciplines were combined with the findings from the SR to develop the decision-making tool (similar to that of SAFEMOB). Focus groups with</p>

<p>QxMD VCH PT Fraserhealth PT</p>		<p>interdisciplinary care providers completed.</p> <p>With recent funding from PHCRI, and in partnership with QxMD & CESEI, now developing online learning modules and an app are in development.</p>
<p>Tendinopathy Toolkits</p> <p><i>KB led project</i></p> <p>Partners: UBC Dept. of PT VCHRI, PHCRI PABC</p>	<p>As a result of a call for proposals for PT KB projects, the Tendinopathy Task Force was struck to create a toolkit to guide PTs in evidence-informed practice for patients with Achilles Tendinopathy.</p> <p>Subsequent to the success of the Achilles Tendinopathy Toolkit, the Task Force decided to undertake the same process for Tennis elbow.</p> <p>A third team was assembled to evaluate the impact of the Achilles Tendinopathy Toolkit on knowledge, attitudes and behaviours.</p>	<p>Completed Achilles and Tennis Elbow Tendinopathy Toolkits.</p> <ul style="list-style-type: none"> - Posted on the websites of PABC, UBC Dept. of PT, Physiopedia, British Journal of Sports Medicine - Presented at 5 conferences and 2 webinars. - The third team is currently writing the manuscript regarding the impact of the Achilles Toolkit on the knowledge, attitudes and behaviors of BC PTs
<p>Cervical Spine Trauma: Use of Canadian Cervical Spine Rules</p> <p><i>KB led project</i></p> <p>Partners: Dr. Linda Li & ARC UBC Dept. of PT PABC VCHRI PHCRI</p>	<p>The overarching goal of this project was to ensure appropriate referral to a medical doctor for imaging (X-ray), BC PTs of patients with acute neck pain secondary to trauma. Specifically, PTs knowledge and current practice in the management of acute neck pain in relation to the Canadian Cervical Spine Rule (C-Spine Rule) was assessed and the results used to identify the need for, and inform the design of, learning resources and tools to increase awareness and/or use of the C-Spine Rule in clinical practice</p>	<ul style="list-style-type: none"> - Completed. Supporting resources (video, decision support tools, template of letters to physicians) disseminated. Manuscript in preparation. Supported through participation in the "Foundations of KT Course (VCHRI/MSFHR)
<p>FEATHERS Functional Engagement in Assisted Therapy through Exercise Robotics</p> <p>Partners: UBC Mechanical Engineering, Physical Therapy, Occupational Science and Occupational Therapy, Kinesiology</p>	<p>The funding is provided by the Peter Wall Solutions Initiative.</p> <p>The objective is to develop social gaming programs, supported by upper-limb robotics, that will enable and motivate children with cerebral palsy, and older adults after stroke, to practice their home exercises.</p>	<ul style="list-style-type: none"> - Focus groups completed and manuscripts published. - Prototypes of software and hardware developed and usability testing completed. - Clinical trials underway

<p>BC Center for Abilities, Abilities Neurological Rehabilitation</p>		
<p>Seating GAWG: Seating Guideline Adaptation Working Group for provision of wheelchairs in progressive neuromuscular disease</p> <p>- Partners: BCC&W, Sunnyhill Hospital, GF Strong, UBC Dept of PT, UBC Dept of Occupational Science & Occupational Therapy, VCH</p>	<p>(1) Appraise the 2006 UK guideline using the AGREE instrument (2) Evaluate, synthesize and incorporate evidence from an updated comprehensive literature review and local consensus. (3) Incorporate information appropriate for specific progressive neuromuscular diseases. (4) Ensure the update guideline reflects the needs and practice environment of BC therapists.</p>	<p>Completed The guideline has been appraised, updated and adapted to the BC context and disseminated May 2014.</p>
<p>SAFEMOB Safe mobilization of the acutely ill patient</p> <p>KB led project</p> <p>- Partners: UBC Dept of PT, PABC, VCH, PHC</p>	<p>(1) To develop a concise tool which guides physiotherapy clinicians in evidence-informed-decision-making (EIDM) relevant to the safe mobilization of the acutely ill patient.</p>	<p>Completed. Supporting resources were also developed, disseminated and posted. A recorded webinar providing case histories demonstrating how to utilize the resource is also posted. Shared nationally & internationally.</p>
<p>Enhancing physiotherapy best practice in issues of skin & wound care</p> <p>KB led project</p> <p>- Partners: PABC, VCH, PHC, PT Skin & Wound Care Committee, Interdisciplinary Skin & Wound Care Committee; UBC Dept of Occupational Science & Occupational Therapy</p>	<p>(1) To increase the awareness of BC PTs regarding the role of PTs in the prevention, assessment & management of skin & wound care issues. (2) To increase the number of BC PTs who undertake a basic risk assessment and utilize basic interventions for prevention & management of skin & wound care issues. (3) To provide information to BC PTs on where to find guidance on and training in advanced assessment and intervention techniques.</p>	<p>Completed. An array of resources (lectures, practical demonstrations, handouts, equipment list, reference list) has been developed and posted on the PABC website.</p>

Key messages

- There have been 15 major projects over the 5 years of the position – 11 initiated and led by the PT KB over the 5 years of the position

Goal 5: Provide progress reports and a year-end report to the funding partners

- Intermittent email updates on the progress on each of the goals
- Coordinate a meeting of funding partners in December 2009 providing a progress report and opportunity for discussion
- Provide a year-end report detailing the successes achieved in the inaugural PT KB position and

recommendations for the future growth of the role

The PT KB will provide all documentation to funding partners with sufficient opportunity to review prior to meetings and will revise, within 2 weeks of receipt of revisions requested by the funding partners.

Email updates of the progress on the goals are communicated intermittently to the Steering Committee. Updates are also provided annually on the PABC and UBC Dept of PT websites. The 6 Month report was submitted December 9 2009 , Year 1 report September 13, 2010, Year 2 report October 20 2011 and Year 3 April 4 2013.

Next steps

Continue intermittent updates via email, annual reports and 6 monthly updates on websites.

2. ADDITIONAL ACTIVITIES / DELIVERABLES

In addition to activities related to fulfilling the above-stated goals, the following activities and key events have been undertaken/occurred:

Meetings with Steering Committee

- Annual review

Needs Assessment

- Undertook a needs assessment in Year 1 for clinicians, academics and faculty & posted executive summary & results. Results informed Action Plan.
- Call for proposals in Spring 2011 and Fall 2014. Most recent selected project “Physical Activity Support Kit Initiative (PASKI): Move More. Sit Less

Activities for The UBC Department of PT

- Member: Dept. of PT Clinical Faculty Appointments, Reappointments and Promotions Committee
- Assist faculty in knowledge translation components of grant applications and development of knowledge translation plans
- Member – WICKED: West coast Inter-professional Clinical Knowledge Evidence Disseminator
- Member – Continuing Professional Development Advisory Group
- Member – UBC FOM Revenue Generating Committee
- Faculty meetings
- Submission of articles for newsletters

Activities for PABC

- Developed and co-presented 2 day update course on application of electrophysical agents. The lecture components were filmed and are available for purchase by members
- Member: Physiotherapy Ultrasound Imaging Task Force
- Brokered new relationship with the Physical Activity Line of BC
- Submitted articles for each of the quarterly newsletters
- Assisted PABC Knowledge Broker task force members in writing articles for newsletters
- Assisted PABC members with requests for and interpretation of evidence for practice
- Assisted PABC staff with specific requests for information from PABC members
- Assisted PABC librarian with selection of resources for monthly member emails and for the website
- Developed curriculum, coordinated presenters and co-presented webinar journal clubs
- Presented at PABC Practice Forum: “Exercise Prescription: What’s not; What’s not”

Activities for VCHRI & PHCRI

- Developed PHCRI KT vision proposal with subsequent discussions
- PHCRI Research Leaders meetings
- KT & Community Engagement for VCHRI

- Member of Healthcare Education and Research Rounds (HEARR) Action Team
- Member of InspireNet's Fall Conference Working Group (IFWG): Connect 2014: KT for Specific Audiences
- Subject Matter Expert (SME) for Cerner/CST electronic medical record project
- Advisor for presentation on KT at PHCRI CEO Forum
- Synthesis of evidence and best practice for lymphedema management
- Consultant for PHCRI KT issues
- Consultant for VCHRI KT issues
- Reviewer for VCHRI Research Challenge applications
- Presentation at VCH/PHC STEP UP PT Education & Research Day; invited speaker.
- Mentor and advisor for PHCRI and VCHRI Research Challenge projects
- Interviewed for VCHRI Review of Services- Focus Group and panel interview

Presentations

- Abstract selected for presentation at World Congress – subsequently withdrew abstract as unable to attend
- Blood Cancer Education Event, Leukemia & Lymphoma Society of Canada. “Tired of Being Tired” Patient education event.
- University of Alberta SAFEMOB & DVT - webinar
- CONNECT 2014 Moving words to action. Using knowledge translation principles to encourage an increase in physical activity and decrease in sedentary behavior.
- Fraser Health PARADE – Prove it: How to demonstrate that PTs impact outcomes for patients with TJA
- BC Pharmacy Association Annual Conference: Joint Action on Joints
- BC KT Community of Practice. Knowledge Translation in Population and Public Health: Sharing, learning and moving forward
- BC Physiotherapy Practice Forum Facilitation of Panel discussion on Exercise Prescription – What’s hot, what’s not”
- VCH/PHC STEP UP 2014 Prove it: Outcome Measurement
- Arthritis Health Professions Association Annual Meeting: “Outcome Measurement”
- UBC School of Population and Public Health Course 581N Knowledge Translation in Population and Public Health “Research to action: Improving practice”
- Canadian Physiotherapy Congress: Knowledge Brokering: What is it and how can the physiotherapy profession use it to facilitate evidence-informed practice?
- Alberta College of Physical Therapists: Achilles Tendinopathy Toolkit
- Center of Hip Health and Mobility Celebration of Research – Tendinopathy Toolkits

- Sample evaluations results and comments for presentations:
STEP UP 2014 = 4.8/5 ; UBC = 4.7/5 ; INSPIRENet = 4.7/5
“Made it entertaining and to the point. Someone whom I look up to”
“As always, made a difficult subject easier to relate into practice”
“Really useful. We started to implement some of the key points already”
“Organized, clear, breaks things down in a way that makes it easy to understand and apply”
“Excellent, excellent communicator. She is able to take a topic which I was unsure about and make me feel confident that I understand it. Her lectures are crystal clear, interesting and make hard concepts easier to understand”
“Engaging and motivating. Uses different ways to effectively engage participants”

Professional Development.

- KT Canada webinars
- Member Knowledge Mobilization Forum Chats /Ontario Knowledge Transfer and Exchange Community of Practice
- Research Skills update UBC Dept of Family Practice
- The Social Network: Using Twitter to Translate and Disseminate Evidence
- How do knowledge brokers facilitate KT initiatives in health-related settings? Public Health Ontario

- End of Grant KT Course, KT Canada
- Evidence Based Laser Therapy for the Physiotherapist: Arthritis
- Evidence Based Laser Therapy for the Physiotherapist: Part 2 of Extremities Series – Upper Extremities
- Fraser Health Physiotherapy Education Day PARADE
- BC KT Meeting

Other

- Member: MSFHR KT Training Program Advisory Group
- Invited to inform the development of a knowledge broker role between The University of Alberta, Physiotherapy Alberta and the Canadian Physiotherapy Association
- Consultation with applicant for KT position at SFU
- Invited interview & subsequent newsletter article regarding knowledge translation and knowledge brokering: Pain Science Division of the Canadian Physiotherapy Association
- Spearheaded advanced practice training opportunity for BC Physiotherapist
- BC member for the International Society of Electrophysical Agents workshop at World Congress of Physiotherapy
- Consultant for KT video on use of neuromuscular electrical stimulation in spinal cord injury
- Invitation to CIHR 2014 Knowledge User member on the Operating Grant Knowledge to Action Peer Review Committee
- Co-Chair: Arthritis Patient Advisory Board – Arthritis Research Canada

Reviewer

- Canadian Respiratory Journal
- British Medical Journal Case Reports
- Physiotherapy Canada
- Canadian Journal of Sports Medicine
- Physician and Sports Medicine
- Physical Therapy
- Canadian Journal of Rehabilitation

Publications

Year 5 13 (4 published, 4 in press, 2 submitted, 3 in process)

Year 4: 11 (6 published, 1 in press, 2 submitted, 2 in process)

Year 3: 10 (3 published; 1 in press; 4 submitted; 2 in process)

Year 2: 5 (4 published; 1 submitted)

Year 1: None

Published

Tatla SK, Shirzad N, Lohse KR, Virji-Babul N, **Hoens AM**, Holsti L, Li LC, Miller KJ, Lam MY, Van der Loos H.F.M. Therapists' perceptions of social media and video game technologies in upper limb rehabilitation. JMIR Serious Games 2015;3(1):e2 doi:10.2196/games.3401

Bech M, Moorhen J, Cho M, Lavergne MR, Stothers K, **Hoens AM**. DEVICE OR ICE: The effect of consistent cooling using a device compared to intermittent cooling using an ice bag after Total Knee Arthroplasty. Physiotherapy Canada. Physiotherapy Canada 2015; 67(1), 48–55; doi:10.3138/ptc.2013-78

Hoens AM, Li LC. The Knowledge Broker's 'Fit' in the World of Knowledge Translation. Editorial. Physiotherapy Canada..2014. 66(3) 223-4.

McAuley C, Westby MD, **Hoens A**, Troughton D, Field R, Duggan M, Reid WD. A survey of Physiotherapists' experience using outcome measures in total hip and knee. Physiotherapy Canada. 2014. Physiotherapy Canada. 2014. 66(3) 223-4.274-285.

In press

Camp PG, Reid WD, Chung F, Kirkham A, Brooks D, Goodridge D, Marciniuk DD, **Hoens, AM**. A Clinical Decision-Making Tool for Safe and Effective Prescription of Exercise in Acute Exacerbation of Chronic Lung Disease: Results from an Interdisciplinary Delphi Survey and Focus Groups. Physical Therapy. In press

Lam M, Tatla S, Lohse K, **Hoens AM**, Miller K, Holsti L, Virji-Babul N, Van der Loos M. Perceptions of Technology and its Use for Therapeutic Application for Individuals with Hemiparesis: Findings from Adult and Paediatric Focus Groups. JMIR Rehabil Assist Technol doi:10.2196/rehab.3484. In press.

Barber C et al. Development of Cardiovascular Quality Indicators for Rheumatoid Arthritis: Results from an International Expert Panel Using a Novel Online Process. The Journal of Rheumatology. In press

Shadgan B, Pakravan AH, **Hoens A**, Reid WD. Effects of local cold spray on subcutaneous and intramuscular blood flow and oxygenation. Journal of Athletic Training. In press.

Submitted

Dhillon S, Sima CA, Cheng J, Kirkham AR, Horii C, McKnight B, Petts K, **Hoens A**, Lynd PJ, Monillas R, Cook W, Camp PG Home Versus Hospital-Based Balance Exercise Program in Community-Dwelling Older Adults at Risk for Falls. Journal of Geriatric Physical Therapy.

Dean E, Greig A, Murphy S, Roots R, Nemhard N, Rankin A, Bainbridge L, Anthony J, **Hoens A**, Garland J. Raising the Priority of Lifestyle-related Non-communicable Diseases in Physical Therapy Curricula. Physical Therapy.

In process

Belot M, Kennedy C, Hoens AM, Li LC. Should all patients with neck trauma get xrays? Supporting the adoption of the Canadian Cervical Spine Rule into clinical practice.

Glegg, S, Hoens AM, Li LC. Knowledge Brokering. Where have we been and where are we going?

Westby MD, Langford D, Longstaff S, Sweeney P, Field R, Hoens AM. Use of a knowledge translation plan to address practice factors influencing physiotherapists' use of outcome measures in total joint arthroplasty

Key messages:

- The PT KB provides organization specific activities for each of funding bodies. The commitments are variable and must be prioritized within the spectrum of other commitments (projects, grant applications, resource development, presentations, publications etc) within the 0.5 FTE.
- A total of 42 presentations have been provided over the 5 years of the position.
- There have been 20 publications over the 5 years of the position with 4 in press, 2 submitted and 3 in process. There have been numerous clinician first time co-authors. Two manuscripts have been focused on the position.- one was an invited editorial on knowledge brokering for Physiotherapy Canada..
- The AECOPD SR has been viewed 23, 720 times.
- "A survey of Physiotherapists' experience using outcome measures in total hip and knee arthroplasty " was selected as 'article of the month by Physiotherapy Canada.
- ResearchGate score: "higher than 62.5% of members"

3. RESEARCH GRANT ACTIVITY

Year 5: 3/15 grant applications successful (awaiting results on 4): Total funding: \$83,501.60

Year 4: 1/6 grant applications successful*: Total funding: \$6,000 *awaiting results on 4/6 * subsequent to the 2012/2013 report, 3 grants that were awaiting results were subsequently successful in achieving funding totaling \$847,196

Year 3: 2/10 grant applications successful: Total funding: \$441,991

Year 2: 2/7 grant applications successful: Total funding secured = \$370,000

Year 1: 3/7 grant applications successful; Total funding secured = \$374,319

Funding Agency	Title	PI	PT KB Role	\$	RESULT
CIORI	SuPER: Supporting Patient care with Electronic Resources (SuPER): Effectiveness of an online decision aid for patients considering	Dr L Li	Co-investigator		Awaiting result

	biologic therapy for rheumatoid arthritis				
PHC innovation & Translation Research Award	Implementation of the AECOPD Mob	Dr P Camp	Co-investigator	\$50,000	Successful
CIHR Foundation Scheme		Dr N Bansback	KB support		Awaiting result
CIHR SPOR Network in Chronic Disease	Go Mobile with CLEAR	Dr D Lacaille	Consumer Co-lead KB support	\$25 million over 5 years	Not successful
Strategy for Patient-Oriented Research (SPOR) – Patient Engagement – Collaboration – Grants 2015-01-13	"It is all about us!" Developing an innovative how-to manual to support patient engagement in research	Dr L Li	Co-applicant	\$15,000	Not successful
Rick Hansen Institute	Implementing SCI-QOL into Clinical Practice: Enhancing Patient Outcomes using Common Data Elements and Implementation Science	Dr Heinemman	Advisory Board member		Not successful
Canadian Breast Cancer Foundation BC/Yukon Community Health Grant	Taking Action: Improving physical activity support and resources for breast cancer survivors in BC	Dr K Campbell	KB support	\$50,000	Awaiting result
CCSRI Innovation Operating Grant	Understanding the potential of exercise to treat chemo brain	Dr K Campbell	KB support	\$200,000	Not successful
UBC Centennial Initiatives Fund Proposal	Exercise is Medicine: An active centennial celebration of UBC Physical Therapy	Dr A Scott	KB support		Not successful
UBC TLEF	West coast Interprofessional Clinical Knowledge Evidence Disseminator (WICKED)	Dr A Greig	KB support	\$29,501.60	Successful
CIHR Knowledge to Action	Ethics, Professionalism, and Interactive Communication (EPIC): an E-health ethics toolkit for health professionals	Dr C Backman	Co-investigator	\$170,000	Not successful
PHCRI Research Challenge	General Practitioner centred vs. Patient centred admissions: Improving triage efficiency and patient and care provider satisfaction	Ashbolt L Lakes C	Mentor	\$4000	Successful
CIHR NSERC (LOI)	Balance Training using a Robotic Platform in Post-stroke Rehabilitation	Dr Van der Loos, Dr Garland	KB support		Not successful
VCHRI Team Grant- Research Module	Determining and weighting factors in the development of a rehabilitation referral priority score	P Adams	Co-investigator		Not successful

Canadian Physiotherapy Foundation	Achilles Tendinopathy Toolkit: Development of an App	Dr A Scott	Co-investigator	\$5,000	Not successful
CIHR Knowledge to Action	Supporting Physical activity & Reducing sedentary behavior in Arthritis (SUPra)	Dr. L Li	Co-investigator	\$199,328	Successful
VCHRI Innovation & Translational Research Awards Competition	Improving physical activity using an online monitoring tool: a new model of osteoarthritis care	Dr. L Li	Co-investigator	\$50,000 for 2 years	Successful
CIHR	Knowledge translation to optimize mobility independence in older adults: Improving Cognitive & Joint health Network (ICON)	Dr. L Li	Knowledge user	\$597,868	Successful
Canadian Lung Association / CHRP	Contributing factors to pain experienced by people living with COPD	Dr. D Reid	KB support	\$23,809	Not successful

Key messages

- The PT KB position has been associated with over 2.1 million dollars of research funding over the 5 years of the position

4. Key Messages from Year 5

1. Continued progress with all goals
2. Informed development of new KT/KB-related infrastructure and positions
 - Alberta (X2), BC SPOR Unit, FraserHealth position, MSFHR KT Pathway
3. Developed social media presence
4. Expanded areas of expertise: patient engagement (e.g.. PASKI), E-Health (e-technologies)
5. Facilitated placement of KT, physical therapy, interdisciplinary care, patient engagement into the foundation of large network grant applications (BC SPOR Unit and SPOR Primary & Integrated Health, Chronic Disease network applications)
6. Budget: Unsolicited revenue generation; Approached re Dr Bansback's CIHR Foundation Scheme application (\$4,000 per annum for consultation); Significant outstanding positive balance

5. Proposed Priorities for Year 6

Expand evaluation of impact

- Partnering with Physiopedia to obtain metrics of impact beyond reach

Continue to contribute to building and sustaining knowledge translation / knowledge brokering in BC

- PHCRI, VCHRI, MSFHR KT Training Framework, SPOR Unit, SPOR Networks (Primary & Integrated Health; Chronic Disease)
 - Training KBs

