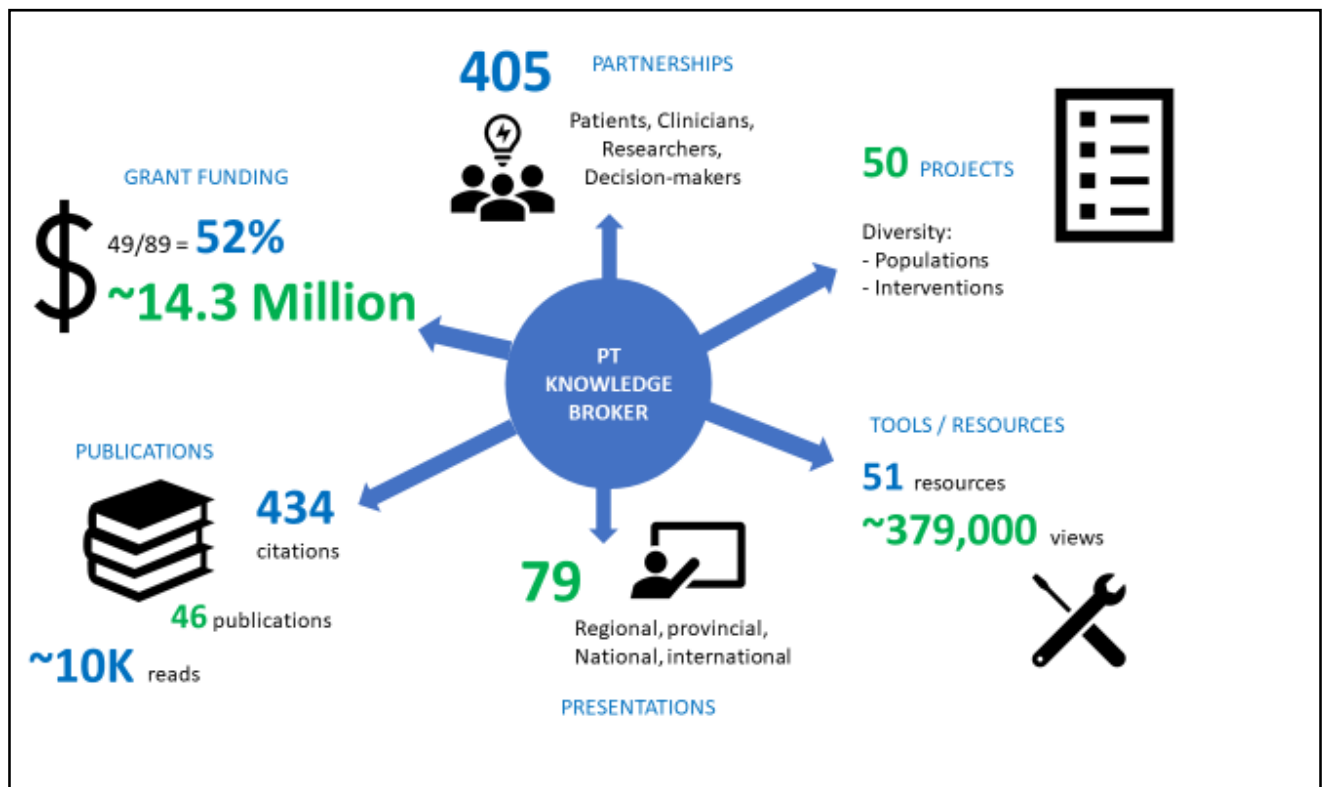


PT KB Annual Report: Jan 2019-Jan 2020

Executive Summary 2019-2020

- Resumed role January 7<sup>th</sup>, 2019
- Retained 1 day/month for BC SUPPORT Unit activities
- **Grant funding:** 5/14 successful submission in 2019 (35%) totalling ~ \$2 million.
- **Publications:** 4 peer-reviewed, 3 submitted & in-review, 8 in process
- **Partners:** 405 patients, clinicians, researchers, decision-makers; 1/6 contribute to >1 project
- **Projects:** 1 for SUPPORT Unit, 4 PT KB led (2 new), regional /provincial /national /international; PT specific & interdisciplinary; spectrum of populations & interventions; advancing KT science & capacity development in KT (Total = 50)
- **Presentations:** 9 presentations: 4 webinars, 1 workshop, 1 international conference, 1 provincial & 2 regional conferences.
- **Activities:** Funder-specific tasks/activities
- **Tools/resources:** ~379,000 views of 51 resources provincially, nationally and internationally
- **Professional development:** 14 webinars, workshops, courses (in-person or online); 50% related to KT/implementation science & practice

Executive Summary 2009-2020



**1.0 Grant Funding** (as of January 10, 2020)

- 2019: 5/14 successful (35%) \$2,126,525
- Total: 49/ 89 grant applications successful (52%) \$14,290,387

The Arthritis Society STAR Career Dev Award	Preventing osteoarthritis after a sport-related knee injury	2020-2022	J Whittaker	Collaborator
The Arthritis Society STAR Career Dev Award	A Better Match: Transforming rheumatoid arthritis care through patient reported outcomes	2020-2022	C E Hawkins Barber	Principal K Knowledge User
MSFHR Convening & Collaborating	Building towards consensus on compensation and conflict in patient-oriented research (POR)	2019-2020	D Banner	Knowledge User
CIHR Project Scheme	Improving the identification and treatment of young adults with heart disease: the Study to Avoid Vascular Events in British Columbia	2019 - 2024	L Brunham S Pimstone	Co-Investigator
CIHR Project Grant	Title : Risk of Retinal Toxicity in Patients with Systemic Lupus Erythematosus and Rheumatoid Arthritis on Long-term Hydroxychloroquine Therapy	2019 - 2024	JA Avina-Zubieta	Collaborator

**2.0 Publications**

**Peer reviewed publications (N = 4; Total = 46)**

Belton J, **Hoens A**, Scott A, Ardern CL. Patients as Partners in Research: It’s the Right Thing to Do. Journal of Orthopaedic & Sports Physical Therapy. 2019 49(9), 623-626. DOI: 10.2519/jspt.2019.0106.

Cho RY, Weng J, Lynch K, Ng P, Brown C, **Hoens AM**, Barry K, Brunham LR, Pimstone S. Priorities for Services in Young Patients With Atherosclerotic Cardiovascular Disease and Their Family Members: An Exploratory Mixed-Methods Study. CJC Open 1 (2019) 107e114.

Leese J, Macdonald GG, Tran BC, Wong R, Backman CL, Townsend AF, Davis AM, Jones CA, Gromala D, Avina-Zubieta JA, **Hoens, A**, Li LC. Using physical activity trackers in arthritis self-management: A qualitative study of patient and rehabilitation professional perspectives. Arthritis Care & Research 2019;71(2):227-236.

Chan C, Inskip JA, Kirkham AR, Anserimo M, Dumont G, Li L, Ho K, Novak-Lauscher H, Ryerson CJ, **Hoens AM**, Chen P, Garde A, Road JD, Camp PG. A smartphone oximeter with a fingertip probe for use during exercise training: usability, validity and reliability in individuals with chronic lung disease and controls. Physiotherapy. 2019. 105(3), 297-306.

**ResearchGate Metrics (as of Jan 10, 2020)**

434 citations; 9, 431 reads; RG score 29.98 (> 87.5% of members); h index = 12

**3.0 Partners**

- 405 patients, healthcare providers, researchers, healthcare administrators
- ~1/6 contribute to more than 1 project

#### 4.0 Projects (N=33; Total = 50)

##### 4.1 BC SUPPORT Unit

**Citizen Science project:** Development of a new web-based app, *CHANGE (Citizen Health: Action, Network & Global Engagement)* to enable citizens to contribute data to help elucidate research questions relevant to the burden of symptoms.

##### 4.2 PT KB- Led Projects

###### 4.2.1 New (Call for Proposals Jan 18<sup>th</sup> 2019)

- The **Resisted Exercise Initiative (REI)**: To describe the current use and identify barriers to resistance exercise by physiotherapists for older adults in BC hospitals and develop knowledge translation science based strategies to target identified barriers.
- **Knowledge Translation for Pain Science Division Initiative (KT4PSD)**: A project to enhance the use of knowledge tools available from the Pain Science Division of the Canadian Physiotherapy Association to support Canadian Physiotherapists in providing evidence-informed pain management.

###### 4.2.2 Resumed

- **The Physical Activity Support Kit Initiative (PASKI)**
  - Multiyear project to identify, appraise & recommend resources for (1) patients and (2) healthcare providers for facilitating physical activity in those living with chronic conditions
  - Host: HealthLink BC
- Update of **Achilles Tendinopathy Toolkit** (with toolkit team & MPT students)

##### 4.3 Collaborations

- **Legacy Airway Health**: Advancing research and care for COPD and asthma
- **KT Pathways**: Online tool to self-assess and build competencies in KT
- **Improving pain education across entry-level physiotherapy programs in Canada**: A 5-year initiative to elucidate and address inconsistencies in Canadian physiotherapy programs use of best evidence on pain education.
- **Compensation and Conflict in Patient-Oriented Research (POR)**: A critical exploration & consensus building initiative re the compensation of patients in POR and how conflicts of interest are, and could be, managed.
- **CAPS**: The Canadian Anterior Cruciate Ligament Tear and Primary care Survey to assess the extent to which Canadian primary care health professionals' follow evidence-based guidelines when diagnosing and managing persons with ACL tears.
- **Running and Osteoarthritis**: Patient and healthcare provider perspectives re running and knee health
- **Pharmacogenetics and Mental Health Initiative**: What is the effectiveness and cost-effectiveness of introducing pharmacogenomic testing in BC, as a routine component of clinical practice, in the care of people with depression?
- **MOBILIZE**: International initiative to personalize exercise therapy and self-management for patients with multimorbidity
- **Studying consensus methods in integrated knowledge translation to promote patient-oriented research**: A BC SUPPORT Unit funded KT/Implementation Science Methods Cluster project
  - **ISTART**: A behaviour change science and patient-oriented research approach to develop 1) a methodology for tailoring strength training interventions and 2) a behavioural intervention to improve strength training participation among people with rheumatoid arthritis

- **CANA TEXTS:** A pragmatic randomized controlled trial evaluating the impact of a tele-asthma self-management intervention (*Canadian Asthma Text Messaging Study*) on reducing asthma exacerbations
- **Incorporating intersectionality in KT models, theories and frameworks:** Pan-Canadian iKT initiative to enhance existing KT models, theories & frameworks to enable implementation practitioners to incorporate intersectionality in projects/activities
- **Defining patient complexity in rheumatology to enhance a tailored approach to patient care.** Measuring patient complexity to help identify which patients, at specific points in time, need more or different types of care.
- **Stop OsteoARthritis (SOAR) Program:** Evaluating the acceptability, feasibility, and preliminary efficacy of a novel physiotherapist-guided osteoarthritis risk reduction program for youth who have suffered a sport-related knee injury.
- **Retinal toxicity due to longterm hydroxychloroquine use in SLE & RA:** The overall goal of this project is to evaluate HCQ retinopathy in a prospective, population-based sample of HCQ users with SLE and RA using state-of-the-art ophthalmologic assessment.
- **Support Mobility in Aging; Refining Rehabilitation Therapy (SMARRT) Network:** a panCanadian network transform and advance how physical activity and exercise are prescribed, practiced/monitored, and implemented
- **Breast cancer surgery recovery and rehabilitation.** An iKT based stakeholder engagement to advance support for recovery and rehabilitation from breast cancer surgery.
- **Telehealth for BC Citizens awaiting & recovering from total joint replacement** Telehealth to support patients awaiting and recovering from total hip or total knee arthroplasty.
- **Creating a Clinical Pathway for Patients who Vape:** Initiative to coordinate research & care for youth addicted or at risk of addiction, to vaping.
- **SAVE BC:** Improving the identification and treatment of young adults with heart disease: the Study to Avoid cardioVascular Events in British Columbia
- **eQUIP -effective Quality indicator Implementation for Patients:** Using an iKT approach, facilitate the implementation of 10 evidence-based quality indicators to improve quality of post-total joint rehabilitation.
- **PEIRS:** Development and validation of an empirically based measurement tool to evaluate meaningful engagement of patients on research teams (Patient Engagement in Research Scale)
- **ICON:** A CIHR funded network to advance knowledge translation in order to optimize mobility independence in older adults (Improving Cognitive & jOint health Network)
- **SuPRA:** Supporting Physical Activity & Reducing Sedentary Time in Arthritis by use of an app paired with Fitbit and education for people with knee OA to improve moderate/vigorous physical activity and reduce sedentary time
- **OPAM:** RCT to examine the efficacy of a Physiotherapist-led counselling program versus a delayed treatment control to support physical activity participation in Inflammatory Arthritis
- **Achilles Tendinopathy Toolkit:** Toolkit to support evidence-informed management of Achilles tendinopathy.
- **The It IS about us!:** Patients' Perspectives on Patient Engagement in Health Research: Resources to guide patients, researchers and research organizations in supporting practices of meaningful patient engagement.
- **Monitor OA:** The use of a wearable, a group education session, and remote coaching by a PT to improve physical activity and reduce sedentary time in pts with knee OA.

## 5.0 Presentations

Dec	Physiotherapy Alberta & PABC webinar: Stimulating Action. Best practice in the use of NMES Dec 12 (1 hour)
Nov	META Workshops 2019. Alberta SPOR SUPPORT Unit. Tools for Patient-Oriented Knowledge Translation (T4PO-KT): Implementing Practice Change (4 hours)
Nov	PABC Webinar: Orthotics for MSK lower limb pain. What PTs should know. Co-presented with Dr Michael Hunt Nov 13 (1.5 hours)
Oct	PABC Webinar: Getting an accurate picture: Should PTs let imaging guide their practice, Co-presented with Dr Jackie Whittaker Oct 22 (1.5 hrs)
June	VCHRI KT: Some ClariTy; and The KT Pathway Jun 18 (1.5 hrs)
May	World Congress of Physical Therapy: Living well with a long term condition – it is part of who I am. Invited panelist. Discussion session. May 17 (1.5 hrs)
May	World Congress of Physical Therapy: The evidenced role of electrophysical modalities in contemporary physical therapy. Focused symposium. Chair and Presenter. May 18 (2 hrs)
April	STEPUP 2019: KT in PT: It Matters ... To all of Us. Keynote. April 29 (45 minutes)
April	BC PT Forum: Panel Facilitator An exploration of the use of the terms 'Passive' & 'Active' Apr 25 (1 hrs)

## 6.0 Activities

### **6.1 UBC Dept of PT**

- Update BC PT Research Collaboration Registry
- Faculty meetings
- Newsletter articles
- Breast Cancer Research- stakeholder engagement event
- Discussions re survey of tool to evaluate acute care caseloads

### **6.2 PABC**

- BC Medical Journal Infographic
- Staff/team events
- Newsletter articles

### **6.3 VCHRI**

- Discussion re liability support
- Meeting with Research Navigators
- Discussion: KT – where are we and how can we help?
- Support for Legacy Airway Health

### **6.4 BC SUPPORT Unit**

- Development & launch of Citizen Science initiative
- Interviews & selection of KT Specialist

### **6.5 Other**

- MSFHR: consultation re changes to Health Professional Investigator Awards
- Co-authorship on BC KT Collaborative manuscript

**7.0 Tools/Resources**

The following are the metrics for ‘reach’ of knowledge products (including 35 webinars, 11 clinical decision-aids and 5 toolkits) developed from Jan 1 2010 to Jan 1 2020:

UBC Dept of PT website	66, 057 (Breakdown available)
PABC website	19,221 (Breakdown available)
Physiopedia website	167,401 (Breakdown available)
British Sports Medicine Journal Website	103 (Lateral Epicondyle Tendinopathy Toolkit)
Special Issues of Physiotherapy Canada	
Electrophysical Agents Precautions & Contraindications	119,510
Neuromuscular Electrical Stimulation for Muscle Impairment: Critical Review & Recommendations for Clinical Practice	6,484

**Total access for all resources: 378,776** (Note: likely an underestimate d/t issues with website reorganization and links to resources from other websites). Website specific details available.

The Achilles Tendinopathy Toolkit is currently being updated by MPT students and the experts who were members of the original development team.