2023 Research Trainee Competition

Information Session Webinar

Asta Jureliaviciute

November 16, 2022
As a provincial organization, our work extends across many Indigenous lands and territories throughout British Columbia. We acknowledge with respect and humility that our Vancouver offices are located on the traditional and unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səl̓ilwətaʔɬ (Tsleil-Waututh) Nations.
Webinar Agenda

- About Health Research BC
- Overview of Award
- Insights from a 2021 award recipient dr. Guilherme Moraes Balbim
- Organizations with Research Trainee award recipients
- Award Amount and Duration
- Eligibility Requirements
- Supervisor(s)
- Changes for 2023
- Knowledge Translation
- Partnership Opportunities
- Application and Review Process
- Evaluation
- Application Tips
- Contact Information & Q and A session
Overview of the Research Trainee
Research Trainee

**RESEARCH TRAINEE PROGRAM**

A post-doctoral health researcher or health professional eligible for a fellowship

A Trainee award provides:

- $45,000 per year for up to three years
- Up to 75% of time protected for research

Research Trainee awards enable researchers to:

- Increase research productivity
- Launch successful careers in research, biotech, health policy, and more
- Attract additional funding
- Create knowledge to inform practice, policy + further research

Benefits to BC:
- Develops BC talent
- Supports the knowledge economy
- Builds health research capacity
Insights from a 2021 award recipient
dr. Guilherme Moraes Balbim

Program of Research Title: Physical Exercise to Mitigate the Effects of Physical Inactivity on Brain Health
Insights to craft a successful application

Guilherme Moraes Balbim, PhD
2021 MSFHR and CIHR Trainee Award
Postdoctoral fellow
University of British Columbia
Djavad Mowafaghian Centre for Brain Health
Agenda

01 Eligibility and Supervisor
02 Deadlines
03 Research Proposal
04 Environment and Support
05 Applicant Expertise and Experience
06 Career Development
Eligibility and Supervisor
Make sure your supervisor:

- Share your interests
  Research- and work/life balance
- Offers opportunities for growth
  Contact current mentees with questions
- Offers an adequate environment
  Can you apply your interests?
- Is interested
  Are you in the same boat?
Always check, double-check, and triple-check eligibility criteria!
Deadlines
If it wasn’t for deadlines nothing would get done.
Be aware of important dates!

- **LOI**
  - Always consider that your supervisor also has their own deadlines!

- **Full application**
  - Account for time for feedback and time to address feedback

- **Full application (institution)**
  - Out of your control, but it depends on the previous deadline
Research Proposal
Use past ideas
Recycle past proposals/grants (yours and/or PI’s)

Alignment with your expertise
Make sure it has some relation with at least some of your expertise.

Fill gaps!
What is your proposal advancing the current evidence?

External validity
Will your results be generalizable and impactful to the general population?
Seek for help
- Grant writers or writing centres;
- Multiple revisions before sending to PI;
- Use grammar apps.

Feedback
- Peers;
- Set turn-around time.

Advice from successful applicants
- Reach out! We are cool and nice people!

Alignment and independence
- In concert with PI work but also add your spins of independence.
Equity, Diversity, and Inclusion
Environment and Support
Team
Collaborative and supportive environment

Facilities and Equipment
Necessary structure to conduct your research and achieve goals

Funding
What is your PI’s funding record?

Career Growth
Can you be involved in professional development activities?
Expertise and Experience
Career Development
Your career goal

What you need to advance

What are you going to do during the fellowship?

Your proposal/environment

How proposal/environment will help you

Will it help you be successful and independent?
Award impact in my career

01. Incentive top up
02. Recognition
03. Exploring new directions
04. Opportunities for future funding
05. Attending conferences
06. Support
Organizations with Research Trainee Award Holders

The following organizations have had Research Trainee award holders in the past three years:

- BC Cancer
- BC Centre for Disease Control
- BC Centre for Excellence in HIV/AIDS
- BC Centre on Substance Use
- BC Children’s Hospital Research Institute
- BC Women’s Hospital + Health Centre
- Centre for Clinical Epidemiology and Evaluation
- Centre for Heart Lung Innovation
- Djavad Mowafaghian Centre for Brain Health
- Fraser Health Authority
- GF Strong Rehabilitation Centre
- International Collaboration on Repair Discoveries (iCORD)
- Michael Smith Laboratories
- Provincial Health Services Authority
- University of Northern British Columbia
- University of the Fraser Valley
- Simon Fraser University
- University of BC – Point Grey and Okanagan
- University of Victoria
- Vancouver Coastal Health Research Institute
- Vancouver Prostate Centre
- Women’s Health Research Institute
Award Amount and Duration

Research Themes

Biomedical
Clinical
Health Services
Population Health

Each Trainee Award:

1 to 3 years
Stipend: $45,000 + Research and Travel Allowance $4,500

Applicant
Eligibility Requirements

• Canadian citizens, permanent residents, and foreign nationals are eligible.
• Hold a PhD OR be a health professional (HP) in active clinical service.
• Hold a Postdoctoral fellowship or equivalent at a BC university or research institution by the award start date, and for the duration of the award.
• Project in 1 of 4 research themes (Biomedical, Clinical, Health Services Research, Population Health), with clear link to human health.
• < 6 years from completion of PhD degree as of September 1, 2023 (<11 years for HP).
• 75% protected research time committed by supervisor (50% for HP).
An applicant can have **up to two** supervisors. The primary supervisor must have an **academic appointment** (assistant, associate, or full professor) with a BC institution that holds a memorandum of understanding with Health Research BC. Applicants may also have a co-supervisor who is an independent researcher with expertise related to the proposed research area. The co-supervisor may be located outside of BC.

**The primary supervisor agrees to:**

- Supervise the applicant’s research and provide the resources that are necessary for the successful completion of the research project including any KT activities.
- Administer the research and travel allowance of the award recipient.
- Respect the obligations described in the Health Research BC Research Trainee competition guidelines and conditions of award.
Changes for 2023

• Supervisor(s) are encouraged to use the Supervisor Form to describe any concrete practices or resources they will provide to support accessibility, diversity and inclusion in their work environment and in mentoring and professional development.

• A section in the application form will be provided for applicants to describe how they meaningfully and appropriately account for Equity, Diversity and Inclusion (EDI) in the design of their research programs, in the analysis and interpretation of the findings, in their KT activities, and in the composition and governance of their research teams.

• **Evaluation Criteria for 2023** has been adjusted - weighting revised to
  - Applicant Expertise and Experience weighting 30%
  - Research Project weighting 50%
  - Environment and Support weighting 20%
Knowledge Translation (Pathway to Impact)
Knowledge Translation (KT) at Health Research BC

The broad range of activities and initiatives used to improve the use of health research evidence in health planning, practice, policy, and further health research.

- A “Pathway to Impact” for health research evidence
- Includes KT Practice and KT Research
The broad range of activities and initiatives used to improve the use of health research evidence in health planning, practice, policy, and further health research.

- A “Pathway to Impact” for health research evidence
- Includes KT Practice and KT Research
Why is Knowledge Translation Important?

• In 2009, Chalmers and Glasziou estimated that globally ~85% of biomedical research investment is wasted¹

• MacLeod et al. estimated that across all health research this amounted to ~US$200B of wasted funding in 2010²

The Impact of Research Waste

• 30% of patients do not get treatments of proven effectiveness

• 25% of patients get care that is not needed or potentially harmful

• Up to 75% of patients do not get enough information to make decisions

• Most programs to address gaps in patient care are not:
  ▪ evidence-based
  ▪ being implemented as intended
  ▪ being evaluated rigorously
  ▪ being sustained.


Pathway to Impact

**KT Practice**: the use of KT models, frameworks, and/or theories

- **Synthesis**: The contextualization and integration of research findings of individual research studies within the larger body of knowledge on the topic.
- **Dissemination**: The active, purposive distribution of research findings tailored to the unique needs of appropriate audiences with the intent to spread information.
- **Exchange**: The giving and receiving of knowledge between researchers and research users throughout the research cycle resulting in mutual learning.
- **Implementation**: The use of strategies to adopt and integrate evidence-based interventions and to change practice within specific settings.

KT activities are dynamic and interrelated; they can occur at multiple points in the research cycle.

**KT Science/Research**: the study of KT practices

- **Science of Knowledge Synthesis**: The scientific study of the methods used to synthesize individual research findings within the larger body of knowledge on the topic.
- **Science of Knowledge Dissemination**: The scientific study of processes and variables that determine and/or influence the spread of knowledge to various stakeholders.
- **Science of Exchanging Knowledge**: The scientific study of the methods used to exchange knowledge between researchers and research users that results in mutual learning.
- **Implementation Science**: The scientific study of methods that promote the systematic uptake of research findings and other evidence-based practices in clinical, organizational or policy contexts.

KT practice and research are interrelated; they can inform the work of the other and take place within the same research study.
KT Practice and KT Research

• KT Practice activities are the steps in your “pathway to impact”
  ▪ What steps do you need to take?
  ▪ Talk with other researchers to see what KT activities they’ve used

• KT Practice activities are evidence-based
  ▪ Look at KT models, frameworks, and theories to inform your KT plan development

• KT Practice is not the same as KT Research
  ▪ But KT Research proposals should include KT Practice activities

• KT Practice activities should be included in all pillars (i.e., biomedical, clinical, population health, health system), as appropriate to the type of research, expected findings, and research users
  ▪ e.g., KT in bench research will look different than for population health research, and that’s okay!
End-of-Grant KT vs. Integrated KT

End-of-Grant (Project) KT

The research team develops and implements a plan for making potential research users aware of the knowledge that is gained from a project.

- Dissemination, +/- implementation
- Researcher-driven
- Typically, not planned early
Integrated KT (iKT)

Research users are engaged as equal partners alongside research team.

- Involved with most, if not the entire, research process
- Team-driven
- Pre-planned prior to undertaking research
Participant Involvement in Research

Researchers provide information and services to Knowledge Users

Knowledge Users provide information and feedback to Researchers

Researchers invite Knowledge Users to participate on specific issues

Researchers and Knowledge Users collaborate on each aspect of the project from development to completion

Researchers and Knowledge Users form strong partnerships, share decision-making, and co-create knowledge through a project

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Balaz & Morello-Frosch. *The three R's: How community based participatory research strengthens the rigor, relevance and reach of science*. Environmental Justice, (2013) 6:1

Types of Research Users

- Patients
- The "public" / specific community representatives
- Clinicians / health care practitioners
- Health care administrators
- Government employees / public policy makers or analysts / educators
- Representatives from non-government organizations / advocacy groups
- Research funders
- Industry
- Other researchers
About KT Pathways

KT Pathways is an assessment tool for anyone who creates, uses or communicates research evidence. It is designed to help you assess your current knowledge translation (KT) skill level and to provide a framework for learning to support the use of research in practice, policy and further research.

https://ktpathways.ca
Partnerships Opportunities
Health Research BC partners with leading organizations to grow BC’s health research talent.

Process:

- Applicants interested in being funded through a partnered award are encouraged to **Complete the Potential Co-Funding Partners tab in their Full Application in ApplyNet.**

- Additional partners will sometimes come on board during or after the full application phase and therefore listed only on our website. If you'd like to be considered for an award co-funded by any of these additional partners, please let us know by emailing **partnerships@healthresearchbc.ca**

- **Health Research BC uses the details captured in your full application and keywords provided by partners to identify applications that may be relevant to and align with partners’ area of interest.**
More information about partners interested in co-funding the 2023 competition will be available in the full application form and at https://healthresearchbc.ca/funding/partnered-awards/
Application and Review Process
Evaluation Criteria

Applications to the respective themes will be assessed against the indicated criteria and weightings below. Evaluation criteria are the same for all four themes.

<table>
<thead>
<tr>
<th>Criterion</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Applicant expertise and experience</td>
<td>30%</td>
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<tr>
<td>Research project</td>
<td>50%</td>
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<tr>
<td>Environment and support</td>
<td>20%</td>
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Application Development Tips

- Seek support from your organization’s grant facilitation office for development, editing, and revision of your application.

- Have your application critically reviewed by colleagues.

- Review the competition’s evaluation criteria and make sure they are addressed in your application.

- Pay attention to grantsmanship — cohesive flow of information allows reviewers to read the application without having to flip back and forth between pages.

- Format the program of research to be easy to read. Use headings to show a logical progression and break up the text into paragraphs. Don’t be afraid of white space.
Application Development Tips

- Reviewers do not have the time to look up information on your behalf - if it is important, make it explicit in the application.

- If you have pilot data, mention it.

- You will have 4 additional pages for your appendices, which may include references, tables, charts, figures, and photographs, however if the data is important to your program of research, please include it within the main Program of Research document.

- If you were not able to capture important information about your activities and contributions in the CCV, you can add it to the Most Significant Contributions section.

- The sample application on our website provides some tips for the application.
Health Research BC ApplyNet

Applications are submitted through our online grants management system [https://healthresearchbc.smartsimple.ca/](https://healthresearchbc.smartsimple.ca/)

Welcome to Health Research BC ApplyNet

Michael Smith Health Research BC is British Columbia’s health research funding agency. All our funding competitions and peer review are run through ApplyNet.

After logging in, select the appropriate portal (researcher/reviewer/partner) from the top right dropdown menu.

Our Help Desk staff are standing by to answer your questions about ApplyNet. Hours are 8 a.m. to 4:30 p.m. Pacific Time, Monday to Friday (excluding holidays).

helpdesk@healthresearchbc.ca | 604.714.6609 | 1.866.673.4722 (toll-free)

Resources and tutorials are available on our [website](https://healthresearchbc.smartsimple.ca/).

**Reminders:**
- Historical grant information will remain accessible in the old ApplyNet system powered by Easygrants.
- Note: ApplyNet is optimized for the most recent versions of Chrome, Firefox, Edge, and Safari. If you are experiencing problems while using Internet Explorer, we recommend trying another browser.
Health Research BC ApplyNet

From the home page, click **Apply**.

Welcome to your ApplyNet home page

The next page will display a list of competitions available for application.

Click **View Details** to see competition information and to launch an eligibility quiz. A successful completion of the quiz will open the Letter of Intent.
Application Process Flow

2023 Trainee competition opened: November 9, 2022

LOI Deadline: December 5, 2022

Deadline to submit Supervisor/Co-Supervisor forms: February 6, 2023

Full Application deadline: February 13, 2023

Host institution’s deadline to submit to Health Research BC: February 21, 2023

Eligibility Quiz

Applicant completes Eligibility Quiz and Letter of Intent in ApplyNet

Letter of Intent

Applicant creates Third Party tasks in ApplyNet

Full Application

* Referees complete their tasks in ApplyNet

Host Institution Approval

Applicant completes and submits the Full Application

* Third Parties: Supervisor (and optional Co-Supervisor), at least 2 (max 3) referees
Contact Info

• For questions regarding the application and submission process, please contact:

  ▪ **Asta Jureliaviciute**
  ▪ Coordinator, Research Competitions
  ▪ 604.714.2778
  ▪ trainee@healthresearchbc.ca

• For technical support with ApplyNet, please contact:

  ▪ **Health Research BC Help Desk**
  ▪ 604.714.6609
  ▪ helpdesk@healthresearchbc.ca
### Stages in Competition Cycle

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<tr>
<th>Stages in Competition Cycle</th>
<th>Date</th>
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<tbody>
<tr>
<td>Letter of Intent Deadline</td>
<td>December 5, 2022 4:30 p.m. PT</td>
</tr>
<tr>
<td>Full Application Deadline</td>
<td>February 13, 2023 4:30 p.m. PT</td>
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<tr>
<td>Peer Review Panel Meetings</td>
<td>May – June 2023</td>
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<tr>
<td>Funding Announcement</td>
<td>July - August 2023</td>
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<tr>
<td>Trainee Award Start Date</td>
<td>September 1, 2023</td>
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Thank you!