Michael Smith
Health
Research BC

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 səl̓ilwətaɁɬ (Tsleil-Wau018th) 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
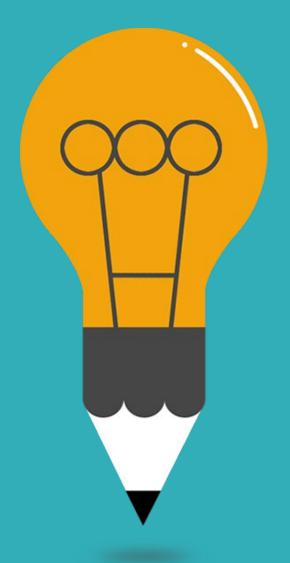- Create knowledge to inform practice, policy + further research

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
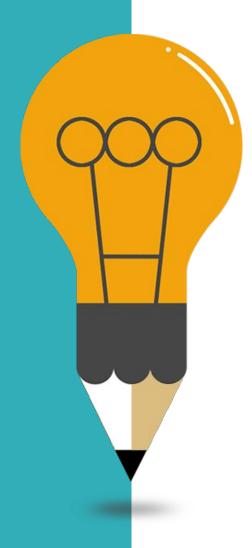
Insights to craft a successful application

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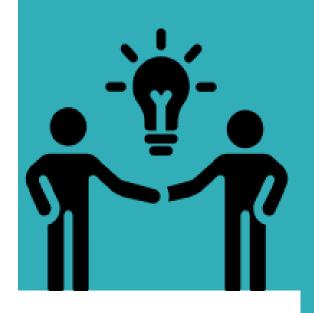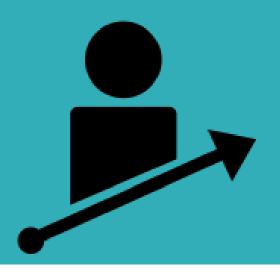 Djavad Mowafaghian Centre for Brain Health

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…
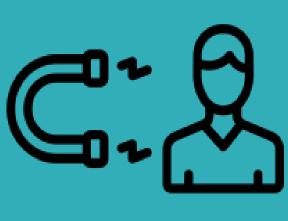
Share your interests

Research- and work/life balance

Offers opportunities for growth
Contact current mentees with questions

Offers an adequate environment
Can you apply your interests?
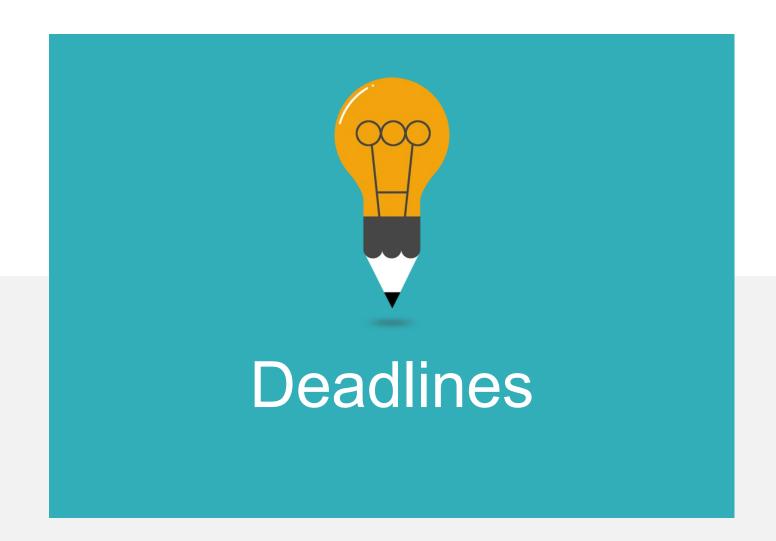
Is interested
Are you in the same boat?
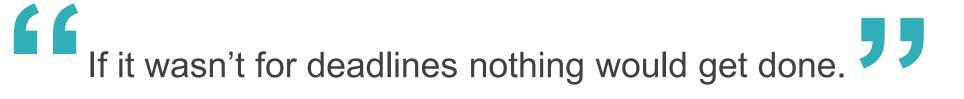
Always check, double-check, and triple-check eligibility criteria!

Deadlines

"If it wasn't for deadlines nothing would get done."

Be aware of important dates!

Account for time for feedback and time to address feedback

LOI ——— **Full application** ——— **Full application (institution)**

Always consider that your supervisor also has their own deadlines!

Out of your control, but it depends on the previous deadline

Research Proposal

01 Use past ideas

Recycle past proposals/grants (yours and/or PI's)

02 Alignment with your expertise

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

03 Fill gaps!

What is your proposal advancing the current evidence?

04 External validity

Will your results be generalizable and impactful to the general population?

Seek for help

05
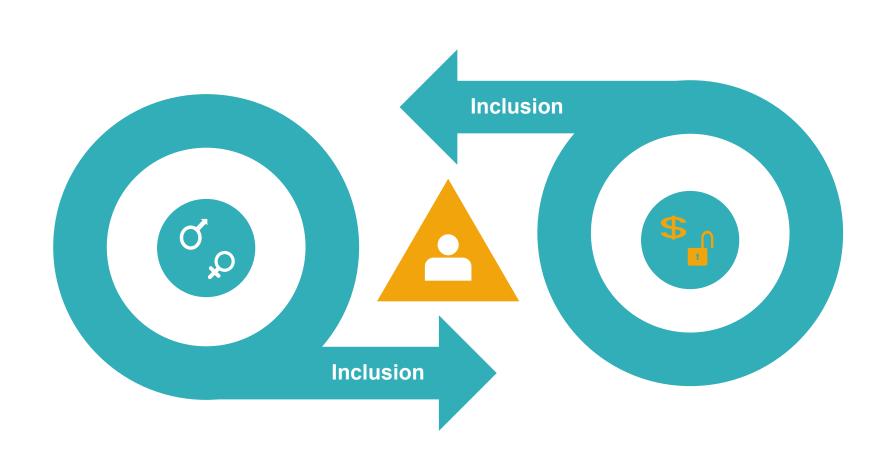
Grant writers or writing centres;
Multiple revisions before sending to PI;
Use grammar apps.

Feedback

06
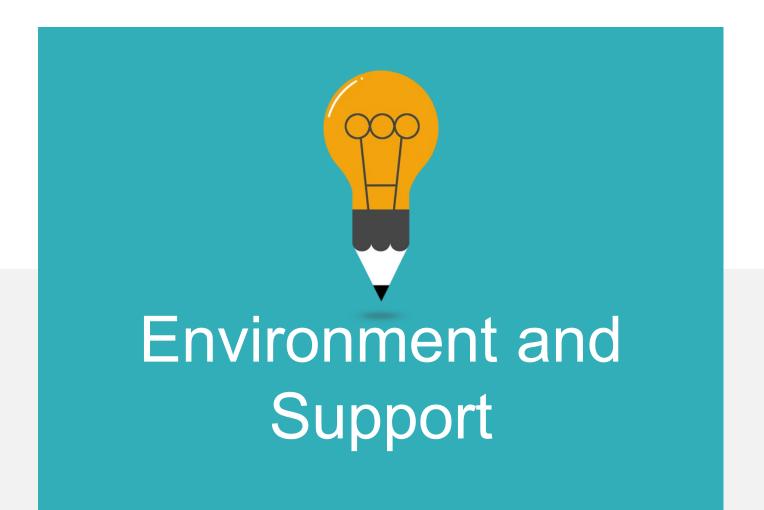
Peers;
Set turn-around time.
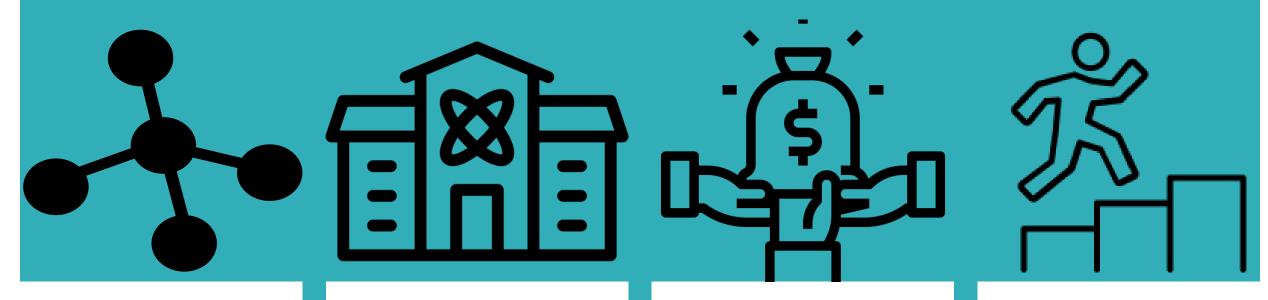
Advice from successful applicants

07

Reach out! We are cool and nice people!

Alignment and independence

08

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
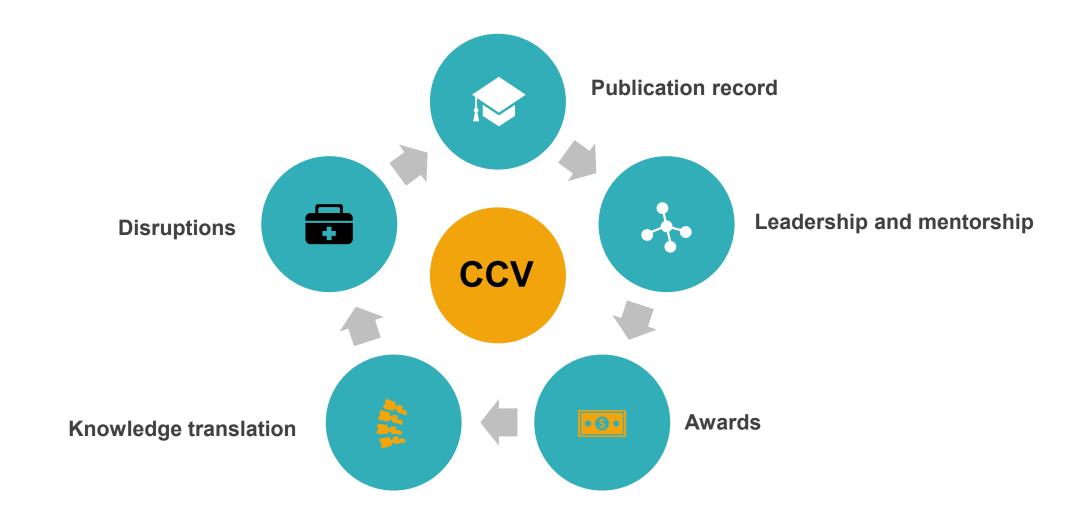
Funding
What is your PI's funding record?

Career Growth
Can you be involved in professional development activities?

Expertise and Experience

Career Development

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

@ **gui.moraesbalbim@ubc.ca**

@BalbimMoraes

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

Each Trainee Award:

- Biomedical
- Clinical
- Health Services
- Population Health

Applicant

1 to 3 years

**Stipend: $45,000
+
Research and Travel Allowance
$4,500**

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 <u>BC university or research institution</u> 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 <u>as of September 1, 2023</u> (<11 years for HP).

- 75% protected research time committed by supervisor (50% for HP).

Supervisor(s)

An applicant can have **up to two** supervisors. The primary supervisor must have an <u>academic appointment</u> (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 <u>and</u> KT Research

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Why is Knowledge Translation Important?

- In 2009, Chalmers and Glasziou estimated that globally **~85%** of biomedical research investment is wasted[1]

- MacLeod *et al.* estimated that across *all* health research this amounted to **~US$200B** of wasted funding in 2010[2]

[1]Chalmers & Glasziou. *Avoidable waste in the production and reporting of research evidence.* The Lancet (2009) 374;9683:86-89

[2]Macleod et al. *Biomedical research: Increasing value, reducing waste*. The Lancet. (2014) 383;9912:101–4

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.

Kiesler DJ, Auerback SM. Optimal matches of patient preferences for information, decision-making and interpersonal behavior: evidence, models and interventions. Patient Educ Couns 2006;61:319-41.

Dawes, M., Sampson, U.: Knowledge management in clinical practice: A systematic review of information seeking behavior in physicians. Int J Med Inform 2003;71:9-15 .

McGlynn Elizabeth A, Asch Steven M, Adams John, Keesey Joan, Hicks Jennifer, DeCristofaro Alison, Kerr Eve A. The quality of health care delivered to adults in the United States. N Engl J Med. 2003 Jun 26;348(26):2635–2645.

Pathway to Impact

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

Synthesis	Dissemination	Exchange	Implementation
The contextualization and integration of research findings of individual research studies within the larger body of knowledge on the topic.	The active, purposive distribution of research findings tailored to the unique needs of appropriate audiences with the intent to spread information.	The giving and receiving of knowledge between researchers and research users throughout the research cycle resulting in mutual learning.	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	Science of Knowledge Dissemination	Science of Exchanging Knowledge	Implementation Science
The scientific study of the methods used to synthesize individual research findings within the larger body of knowledge on the topic.	The scientific study of processes and variables that determine and/or influence the spread of knowledge to various stakeholders.	The scientific study of the methods used to exchange knowledge between researchers and research users that results in mutual learning.	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 <u>not</u> the same as KT Research
  - But KT Research proposals should include KT Practice activities

- KT Practice activities should be included in <u>all</u> 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

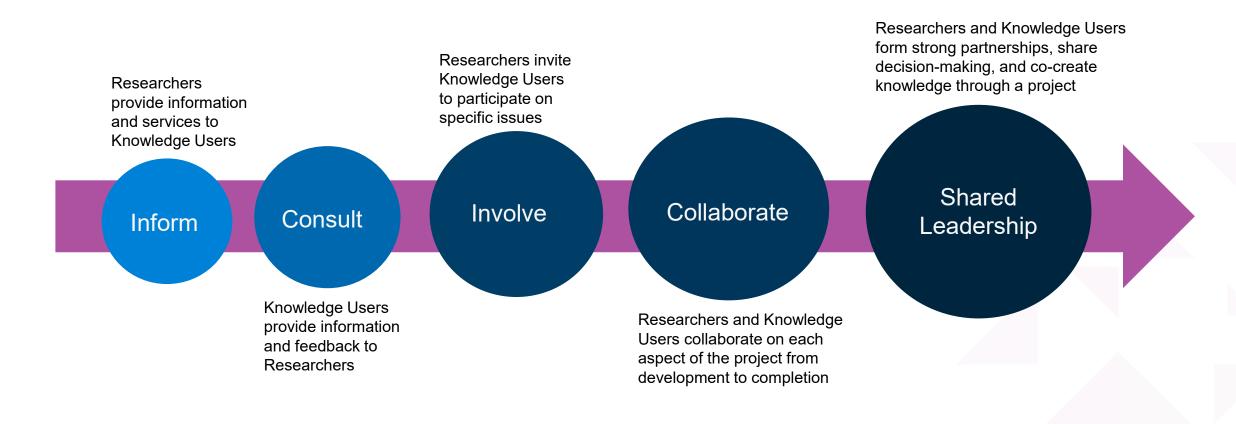- Typically, not planned early

End-of-Grant KT vs. Integrated KT

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

Researchers invite Knowledge Users to participate on specific issues

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

Inform

Consult

Involve

Collaborate

Shared Leadership

Knowledge Users provide information and feedback to Researchers

Researchers and Knowledge Users collaborate on each aspect of the project from development to completion
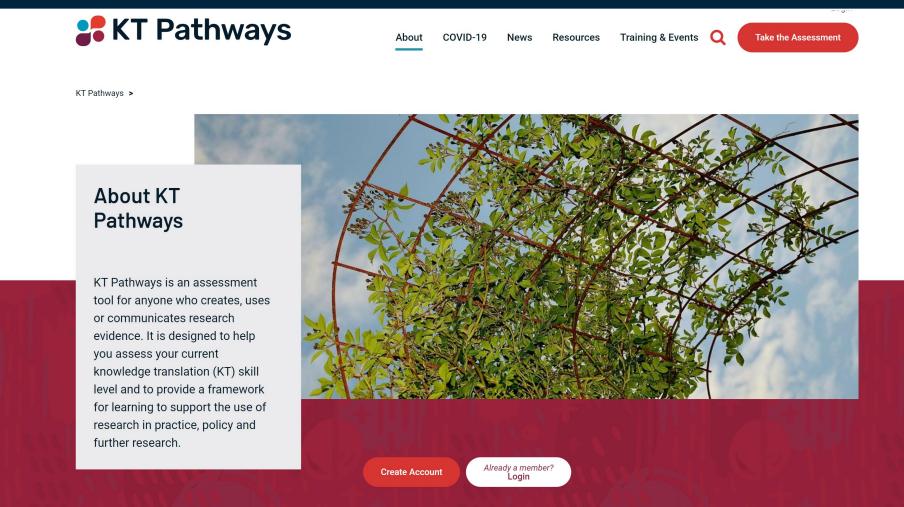
Balaz & Morello- Frosch. *The three R's: How community based participatory research strengthens the rigor, relevance and reach of science*. Environmental Justice, (2013) 6:1

National Institutes of Health. *Principles of community engagement*. 2nd edition. (2011). https://www.hvresearch.org/precision-home-visiting/publications-and-presentations/participatory-approaches

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

KT Pathways©

https://ktpathways.ca

Partnerships Opportunities

Partnership 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.*

2022 Co-Funding Partners

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

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.

Criterion	Weighting
Applicant expertise and experience	30%
Research project	50%
Environment and support	20%

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 <u>easy to read</u>. Use **headings** to show a logical progression and break up the text into **paragraphs**. Don't be afraid of white space.
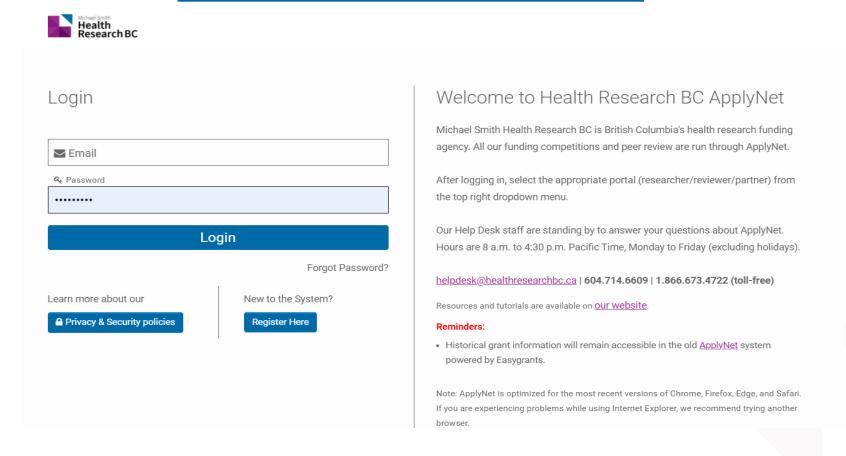
Application Development Tips

- 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
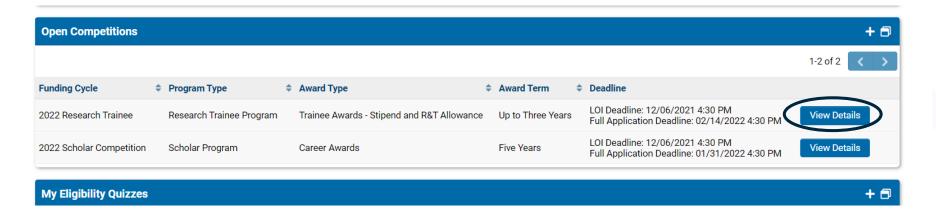**https://healthresearchbc.smartsimple.ca/**

Health Research BC ApplyNet
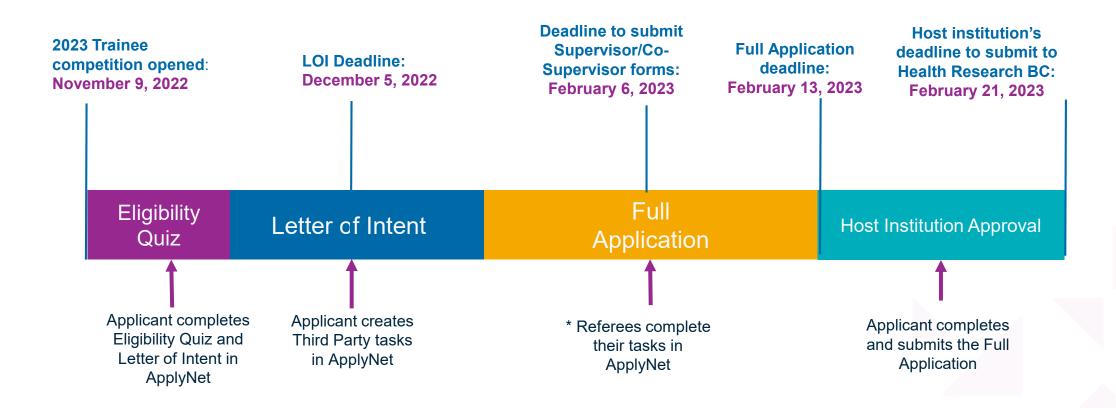
From the home page, click **Apply**.

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	Letter of Intent	Full Application	Host Institution Approval

Applicant completes Eligibility Quiz and Letter of Intent in ApplyNet

Applicant creates Third Party tasks in ApplyNet

* Referees complete their tasks in ApplyNet

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

Questions?

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

Thank you!