

2023 Reach Award Recipients

Award Recipient	Host Institution	Research Location	Project Title	Lay Summary
<p>Shelina Babul</p> <p>Co-lead Karen Takai</p>	University of British Columbia	BC Children's Hospital Research Institute	Drawing Attention to an Invisible Injury: Increasing Awareness and Reducing the Burden of Concussion among Workers and Workplaces in British Columbia	<p>Concussion, or mild traumatic brain injury, is the most common form of brain injury, causing physical, emotional, and mental health symptoms, with the potential for long term impacts, particularly if not managed properly. Concussion can happen to anyone, anywhere, and is a top five cause of workplace time-loss. In BC, from 2017-2021, concussion accounted for 4.8% of all time-loss claims and 8% of claims by retail salespersons, mostly among young workers. The aim of this project is to increase concussion awareness and education within the retail industry by highlighting key messages from the evidence-based online resource, the Concussion Awareness Training Tool for Workers and Workplaces. By leveraging existing partnerships, we will engage a large retailer to promote concussion education within their workforce. Information sessions will be delivered on concussion prevention, recognition, recovery, management, and Return-to-Work. We will create a concussion infographic and recruit a worker to share their personal story via video for wide dissemination. Not only will this initiative create awareness and change attitudes about concussion at work, but the safety messages will be applicable to workers' lives beyond the workplace.</p>
<p>Lisa Bourque Bearskin</p> <p>Co-lead Nikki Hunter</p>	University of Victoria	Thompson Rivers University, University of Victoria	Exploring the Experiences of First Nations Mental Health and Wellness Services with Skú7pecen (Porcupine)	<p>In collaboration with Indigenous Nurse Leadership from the community of St'uxwstews this distinct research approach will honor a formalized a Research Partnership Agreement to uphold Knowledge sovereignty for a community driven knowledge translation project. This work stemmed from Indigenous nurse-led research project completed in May 2023 under the intergenerational mentorship and training provided through the BC Chair program. As per community advisement, this collaborative outcome will showcase Knowledge synthesis, translation, and mobilization activities and events co-led by St'uxwstews (Bonaparte First Nation). The research team will ensure any Knowledge Translation initiative will have direct benefit to St'uxwstews community and larger Secwépemc Nation, located in the interior region of British Columbia.</p>

				<p>Knowledge Translation initiatives will include workshops, presentations, a community-based event, video production (if appropriate), scholarly publications, and evidence informed dialogue sessions to inform and enhance mental health and wellness care and access to First Nations Peoples within the interior region, with a specific focus on rural and remote First Nations communities.</p>
<p>Cecilia Benoit</p> <p>Co-lead(s) Julia Langton</p>	<p>University of Victoria</p>	<p>University of Victoria</p>	<p>Provincial Dissemination of Lower Risk Cannabis Use Guidelines for Youth, by Youth</p>	<p>The Low-Risk Cannabis Use Guidelines for Youth, By Youth (the Guidelines) are a novel public health resource that reflect day-to-day realities of youth's lives and provide practical and feasible strategies to help mitigate the harms of cannabis use. The Guidelines were developed for and by youth, responding to calls by the Lancet Commission and BC's Representative for Children and Youth for the greater inclusion of youth voices in policies and guidelines that support their health and wellbeing. While Phase 1 of the Guidelines project focused on developing the youth-oriented guidelines, the objective of Phase 2 is to develop and implement a youth-led knowledge translation (KT) strategy, designed for broad dissemination of the Guidelines. To meet this objective, we will (1) establish a KT Youth Working Group (KT-WG) comprised of youth across BC with lived experience of cannabis use, and (2) co-create and implement a KT plan with the KT-WG, Canadian Institute for Substance Use Research, and Foundry Central Office to mobilize the Guidelines at provincial, national, and international levels. In doing so, we aim to promote youth-oriented harm reduction guidelines and contribute to the health and wellness of youth in Canada.</p>
<p>Theodore Cosco</p> <p>Co-lead Bonnie-Jean Gale</p>	<p>Simon Fraser University</p>	<p>Simon Fraser University – Vancouver Campus</p>	<p>Mental health and aging: Development and implementation of an online mental health peer-support platform for older adults</p>	<p>Imagine you are an older adult who sometimes feels down or anxious, and you would like someone to talk to who understands what you are going through. However, you may not have many people in your life who can relate to your experiences, or you may not feel comfortable discussing your mental health with them. That's where our online platform comes in. This project will create a platform where older adults can connect with other older adults who are going through similar challenges. Providing a safe and supportive space where you can talk about your mental health, the platform will connect older adults who have lived experience of mental health challenges and who may better understand what you're going through. Using this platform, you will be able to communicate with them in a variety of ways, such as through private messaging or in virtual support groups.</p>

				Overall, the goal of the project is to provide a convenient and accessible way for older adults to access mental health support, which can be particularly important for those who may have limited mobility or who live in rural areas where mental health services are not readily available.
Janice Eng Co-lead Robert Petrella	University of British Columbia	Vancouver Coastal Health Research Institute	Primary Care and Spinal Cord Injury – Filling the Knowledge Gap with Continuing Medical Education and Partnership	Over 13,000 people live with a devastating spinal cord injury (SCI) in British Columbia. People with SCI need specialized care from their family doctors for health issues such as bladder, bowel, skin, pain, blood pressure, fertility, and breathing conditions. However, most family doctors have received little training on how to help a patient with SCI. We will host a Continuing Medical Education event where family doctors and people with SCI can learn about key health issues about SCI and speak freely about their concerns. The Continuing Medical Education content will be developed by doctors with expertise in family practice and spinal cord medicine, as well as by people with SCI who experience these key issues. The event will be broadcast by videoconference and recorded to accommodate people who cannot attend. These activities will complement our existing Spinal Cord Injury Research Evidence (SCIRE) website (scireproject.com) which has a special section for Primary Care and SCI and is accessed by over 300,000 health care providers annually. The Continuing Medical Education event will be posted on our website so that it can continue to be accessed by stakeholders. Lastly, all activities will be evaluated for their impact.
Stephanie Glegg Co-lead Anamaria Richardson	University of British Columbia	BC Children's Hospital and Sunny Hill Health Centre for Children, University of British Columbia – Vancouver Campus	Early detection and diagnosis of cerebral palsy: Implementing best practice guidelines in BC	Cerebral palsy (CP) is the most common physical disability in Canadian children. Current guidelines and assessments allow for diagnosis as early as four months. Early therapy can maximize a child's abilities and prevent health complications. In the first two years of life, the brain is most able to reorganize and grow new pathways. Yet, the average age of diagnosis in BC is nearly 25 months. Parents feel stress and anxiety while waiting. A diagnosis helps families to understand what CP is, access therapies and plan for the future. Our survey showed many doctors lack the knowledge, skills, and confidence to diagnose early, and an understanding of families' lived experience. Our strategy for change includes education, training, and sharing parents' experiences. We will use online learning, resources, and interactive online and in-person workshops. Our aim is to support doctors to assess for and diagnose CP early, and help families through the diagnosis and next steps. We will measure doctors' change in knowledge, skills, confidence, and

				diagnosing behaviours. Interviews will determine how well they liked the strategy. Then we will share our learnings with health care leaders, doctors and families to promote ongoing change.
Eman Hassan Co-lead Joann Connolly	University of British Columbia	BC Centre for Palliative Care	Fostering Grief and Bereavement Literacy in the Workplace for Those Who Serve People Experiencing Homelessness	<p>Our recent research in BC shows that there is lack of grief support services available for people experiencing homelessness after they lose someone they care about. One common source of grief support for people experiencing homelessness are frontline workers. Yet, recent research found that frontline workers are commonly not provided grief support training, and their own work-related grief after a client dies is largely unsupported. In our survey of frontline workers in BC, almost all expressed a desire to increase their knowledge of grief.</p> <p>Our project aims to improve grief knowledge and support skills for frontline workers who serve people experiencing homelessness. The project includes two steps: 1) Co-creating and testing an online grief education module and resources with a working group of community-based organizations, subject matter experts, and public partners; 2) Launching the developed module and resources through a symposium and exploring with experts in the field ways to make them more accessible for frontline workers. The ultimate goal of the project is to enhance the grief literacy for frontline workers and improve their abilities to provide better grief support to their clients who are experiencing homelessness.</p>
Wendy Hulko Co-lead Anthony Kupferschmidt	Thompson Rivers University	Interior Health Authority, Northern Health Authority, Thompson Rivers University, Vancouver Coastal Health	Mobilizing aging in place (MAP) research	<p>This project will reach policymakers in municipal and regional governments and health authorities with the voices of service users and providers via digital stories, which encapsulate findings from two studies on aging in place. The first study examined the unique role of Seniors Health and Wellness Centres in the lives of rural and remote older adults. The second study developed a web app to link health and community service providers for person-oriented services. Digital stories will be storyboarded by a trainee and created with service users and providers across rural, urban, and remote regions. The team will go “on the road” to get feedback on the digital stories from service users and providers before hosting a Knowledge Summit that will connect various sectors and service models. Policymakers will be specially invited, including social planners, health authority decision-makers, and advocacy groups. Digital stories and knowledge translation tools will be available in multiple languages. Overall, the project will enable the</p>

				Cities of Kamloops and Richmond and other municipalities to lead and implement change with age-friendly policies that support older adults to age in place and respect their diverse voices and experiences.
Lillian Hung Co-lead Rekesh Corepal	University of British Columbia	University of British Columbia – Vancouver Campus	Sharing knowledge to connect, collaborate and co-create Dementia- inclusive Spaces for Community Access, Participation, and Engagement (DemSCAPE)	<p>The Dementia-inclusive Spaces for Community Access, Participation, and Engagement (DemSCAPE) study is a two-year research project (2021-2023), that brings together researchers, trainees, advocacy organization members and municipal partners in Metro Vancouver and Prince George. The project identified patterns in activities outside the home by people with dementia. It also explored how the environmental features of the neighbourhood influenced participants' mobility and community participation.</p> <p>To promote community engagement and increase awareness, we will create educational activities with people with lived experiences and community and municipal partners. These activities will showcase the project findings by video and photo exhibits to the general public virtually. Moreover, we will have two public discussion sessions called World Cafés to encourage conversations, collaborative learning and new ideas with in-person video and photo exhibits and interactive games. Our aim is to enhance understanding of the features of a dementia-inclusive environment and advocate for positive changes. This project will have a significant impact in increasing awareness of dementia-inclusive communities.</p>
Hugh Kim Co-lead Agnes Lee	University of British Columbia	University of British Columbia – Vancouver Campus	Celebrating World Thrombosis Day: Raising Awareness to Save Lives	<p>Our bodies need to be able to form blood clots after injuries such as cuts; these clots are essential because they keep us from bleeding to death. However, blood clots can also form in parts of our bodies where they are not supposed to. The formation of these “wrong” blood clots is called thrombosis, and is the cause of many life-threatening conditions, including heart attacks, strokes, and deep vein thrombosis (DVT). Thrombosis is the cause of death for 1 in 4 people worldwide. October 13 is declared as “World Thrombosis Day” – a day dedicated to raising awareness and educating the public about thrombosis, how to prevent it, and how to recognize the signs of a medical emergency. The purpose of this Reach Grant application is to support a “Café Scientifique” – an openly accessible and inclusive information session aimed at the general public. Our team of physicians and blood researchers will host a panel discussion on World Thrombosis Day (October 13, 2023) to inform the public about the prevention and</p>

				management of heart attacks, strokes and other thrombosis-related conditions. A better public awareness of thrombosis will help to reduce thrombosis-related sickness and disability in our communities, and ultimately save lives.
Leah Lambert Co-lead Ruby Gidda	BC Cancer	BC Cancer	Embedded Knowledge Mobilization: Strengthening Oncology Nurses' Capacity for Effective Advanced Care Planning Conversations	<p>Advance care planning (ACP) is a process that supports patients to reflect on their personal values and preferences towards care, and share these preferences with their healthcare team. ACP supports patient- and family-centered care, ensuring the care a patient receives aligns with their goals and preferences. Recent research conducted at BC Cancer aimed to learn how to better support oncology nurses in conducting ACP across the cancer journey. Study findings provide important insight into (1) local barriers and facilitators for oncology nurses to conduct ACP and (2) changes needed to support nursing-led ACP at BC Cancer.</p> <p>To translate these findings into clinical practice, we will assemble direct care nurses, nursing leaders, patient and family partners, and relevant knowledge users to inform a nursing practice change that enhances oncology nurses' ability to conduct ACP. Our approach will involve key activities, including the establishment of a provincial ACP working group to oversee all activities, engagement sessions with direct care nurses to identify barriers and facilitators to the proposed practice change, and targeted implementation strategies such as educational sessions to promote awareness and build ACP proficiency.</p>
Sam Liu Co-lead Karen Strange	University of Victoria	University of Victoria	Disseminating a Multilingual Virtual Family-Based Childhood Obesity Management Program	<p>The COVID-19 pandemic lockdown has further exacerbated unhealthy lifestyle behaviors, increasing the risk of childhood obesity, particularly among certain minority population groups. Our team is working with the Childhood Obesity Foundation (a knowledge user) to design, evaluate and scale up a "made in B.C." 10-week healthy lifestyle program called Generation Health for families with children aged 8-12 years who want to be on a healthier lifestyle path. However, a key challenge facing program dissemination is accommodating those at-risk families who have trouble understanding English. This has significantly influenced program uptake and effectiveness for those families. To address this, the aim of this project is to 1) leverage artificial language translation tools to make our virtual program accessible in the three most spoken non-English languages (Punjabi, Chinese, Spanish) in Canada; 2) collaborate with our knowledge user to disseminate the program across</p>

				B.C. We have amassed a multi-disciplinary team with extensive experience in delivering and disseminating virtual family-based interventions. This project has the potential to be incredibly impactful to families for whom English is a barrier.
<p>Teresa Liu-Ambrose</p> <p>Co-lead Rekesh Corepal</p>	<p>University of British Columbia</p>	<p>Centre for Hip Health and Mobility (CHHM)</p>	<p>Exercise for Healthy Aging: Mobilizing Knowledge with Users and Clinicians in BC</p>	<p>The number of adults over the age of 65 is expected to double in the next 20 years. Maintaining both cognitive function (i.e., thinking abilities) and mobility (i.e., the ability to move) are vital to functional independence and quality of life. Exercise can improve cognitive function and mobility in older adults.</p> <p>However, many older adults are inactive. Key barriers to exercise include: 1) lack of motivation; 2) medical conditions, such as arthritis; and 3) lack of knowledge on how to exercise safely and effectively. To address these barriers, we will: i) disseminate the latest evidence on the benefits of exercise for cognitive function and mobility via a public forum; ii) deliver interactive workshops during which older adults (and caregivers) will learn how to exercise safely, how to individualize exercises, how to progress exercises, how to use popular wearables (e.g., Fitbit), and strategies to achieve a balanced 24-hour activity cycle for overall health; and iii) develop online resources capturing the content of the interactive workshops.</p> <p>The intent of the public forum, workshops, and online resources is to motivate and enable older adults to uptake exercise, and thereby contribute to the global agenda of healthy aging.</p>
<p>Mypherd Sekhon</p> <p>Co-lead Sonny Thiara</p>	<p>University of British Columbia</p>	<p>University of British Columbia – Vancouver Campus</p>	<p>Targeting rural healthcare professionals, trainees and patients in disseminating neuroscience-based research</p>	<p>Ischemic brain injury refers to brain injuries that occur from a lack of blood flow and oxygen delivery to the brain. Current clinical management strategies and therapeutics have shown little effect on patient outcomes. As such, urgent research is ongoing with promising breakthroughs in this field by a multidisciplinary group of researchers in British Columbia. Given the urgency of disseminating research findings, this project will involve knowledge translation activities that target three main groups of knowledge users: a) healthcare providers in rural and remote settings in BC; b) healthcare professional trainees; and c) patients, caregivers and the general public. By undertaking targeted knowledge translation activities to each of these groups, the implementation of research findings will be equitable (for all British Columbians including those from rural settings), long-lasting (healthcare professional trainees will be equipped up-to-date knowledge) and</p>

				patient-centered (disseminating the findings directly to patients and the public).
<p>Kate Shannon</p> <p>Co-lead A.J. Lowik</p>	<p>University of British Columbia</p>	<p>Centre for Gender & Sexual Health Equity</p>	<p>CGSHE's Gender & Sex in Methods and Measurement: An Educational Symposium focused on Building Equity in Research</p>	<p>This award will support a 1-day educational symposium to be held in Vancouver, BC in summer 2024. The symposium's aim is to expand attendees' knowledge of and capacity to ensure accuracy, precision, and inclusion when it comes to gender, sex, and sexuality in health research. Funded by CIHR Sex and Gender Science Chair to help advance the centre's strategic priority to increase inclusivity in research, CGSHE Research Equity Toolkit on Gender & Sex in Methods and Measurement (GSMM) was launched in 2022. Attendees will learn about the toolkit and participate in workshops focused on different facets of research design, data collection, analysis, and dissemination, organized around each GSMM tool. Attendees will be able to meet with toolkit co-authors/advisory members, who are 2S/LGBTQ research and methods experts, to get advice on their specific project and data needs. The symposium will culminate in a roundtable focused on identifying a gap in the toolkit. A final tool will be developed following the event, based on the input and insights shared by attendees. The symposium will welcome academic and clinical researchers, healthcare providers, government employees, and others who collect, manage and/or use health data in their work.</p>
<p>Sarah Wiebe</p> <p>Co-lead Kirsten Mah</p>	<p>University of Victoria</p>	<p>University of Victoria</p>	<p>A Hot Topic Podcast: Amplifying the Voices of those Directly Affected by Extreme Heat</p>	<p>The 2021 heat dome in BC resulted in 619 heat-related deaths and as well as a range of suffering from slight discomfort to emergency room visits. The way the heat dome impacted people was not uniform. Some people experienced significant discomfort while others ended up hospitalized. Despite this lack of uniformity in experience, many governments and agencies responded with one size fits all solutions. To better understand the diversity of experience related to extreme heat, we have embarked on a robust research project collecting survey responses and sharing circle engagement from hundreds of people across the Capital Regional District in BC. This has helped us highlight stories of suffering and recommendations for responses. To ensure this research drives appropriate equity-informed policy creation and government action, we are entering the next step of our project by amplifying the voices and stories we have heard through a podcast. It is our aim that this podcast series will highlight the voices of those most impacted by extreme heat and allow them to speak directly to governments and other organizations</p>

				that will take their recommendations forward in order to prepare for the next extreme heat event.
<p>Meghan Winters</p> <p>Co-lead Mimi Rennie</p>	<p>Simon Fraser University</p>	<p>Simon Fraser University – Burnaby Campus</p>	<p>Youth.hood: Mobilizing research to achieve healthier built environments for youth in under-resourced neighbourhoods</p>	<p>Our proposal will extend the reach of research findings from Youth.hood—a community-engaged research project exploring how built environments shape social connectedness and health for youth living in under-resourced areas. Youth.hood grew out of the success of our long-standing collaboration (SFU Health Sciences/Urban Studies, South Vancouver Neighbourhood House) to uncover social infrastructure gaps in South Vancouver: inequities that effectively disadvantage the health and resilience of residents. Youth.hood findings tell a compelling story of the role that social infrastructure plays in connectedness, cultural identity, and resilience, and how a lack of active transportation infrastructure, neighbourhood upkeep, and quality youth-friendly spaces create barriers to wellbeing. Our proposal will mobilize findings with an aim to advance healthier built environments for youth in South Vancouver, and inform broader dialogue and practice on planning of healthier cities with and for young people. Through tools and engagement activities co-designed and co-delivered with community, our proposal promises to achieve impacts at multiple levels—including environmental, policy, and practice—in Vancouver, and for city building more broadly.</p>
<p>Angela Wolff</p> <p>Co-lead Scott McNeil</p>	<p>Trinity Western University</p>	<p>Fraser Health Authority</p>	<p>Developing a Toolkit and Evidence Summaries to Disseminate an Evidence-based Resource Guide for Healthcare Provider to Incorporate Person-Centered Measures into Recovery Planning</p>	<p>This project builds on two other projects about how healthcare providers can include person-centred assessment tools (such as quality of life) into practice. These tools allow for the voice of persons living with mental illness and substance use to be in the driver seat of their recovery planning. This joint project is being carried out in Fraser Health community mental health centers. We will complete two activities in collaboration with practice and patient partners. First, we will develop a toolkit for clinical leaders to prepare healthcare providers to use person-centred assessment tools for shared decision making and person-centred recovery planning. Also, we will create evidence summaries and learning resources for managers/leaders to further assist providers to use these tools and to lessen any barriers to change. These activities will help with the ongoing usage of person-centred assessment tools by persons served and providers. The goal is to make use person-centred assessment tools to provide mental health and recovery services that focus on the needs of persons, which ultimately improves health outcomes of British Columbians.</p>