

## Physical Therapy Knowledge Broker Report Year 4 September 2012 to October 2013

### **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.



<b>Physical Therapy Knowledge Broker Report Year 3</b>	<b>Submitted by: Alison M Hoens</b>
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**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 (e.g. technical assistance).*

**Year end report**

- 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 research collaboration registry and an inventory of KT links and evidence-based practice resources. The KB pages on the PABC website are linked to the Clinical Library and include podcasts of the webinars. The UBC Dept of PT website in August 2013 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 Indicator: Google Analytics for Knowledge Broker pages on PABC website: Total number of hits Sept 30 2012 to Sept 30 2013 for the Library & Knowledge Centre = 6109 hits. The following table provides the average number of hits/month since inception of the KB position:

<b>PABC</b>	<b>Sept 1 2009 – Dec 8 2009</b>	<b>Jan 1 2010 – Sept 10 2010</b>	<b>April 1 2011 – Sept 21 2011</b>	<b>Sept 30, 2011 - Sept 30 2012</b>	<b>Sept 30, 2012 – Sept 30, 2013</b>
Avg # of hits/month	61	133	141.6	203.6	515.8

\*Note: Selection of dates and accuracy of the metrics on website activity continues to be complicated by changes by the PABC and UBC Dept of PT to the organization of their respective websites.

<b>UBC</b>	<b>April 1 2013-Sept 30, 2013</b>
Overview	136 Note that there was a dramatic increase in views (~3,300) between Sept 30 2013-March 1 2014 after adding a 'button' on the homepage of the UBC Dept of PT to the KB page and an announcement in the newsletter regarding resources on the site
Location	70% Canada Other: USA, Australia, Netherlands, India, Ireland, Germany, Spain, Switzerland
New vs returning	75% new

**Next steps**

- Continue to update webpages with progress reports on KB projects.
- Continue to develop evidence-based practice resources and post on websites.
- Continue to promote webpage content, especially that of UBC Dept of PT website, through public practice distribution email list, UBC newsletter, PABC newsletters and PABC e-blasts.

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**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.*

**Year end report**

- Updated research collaboration registry (developed May 2010; updated Feb 2011 & Nov 2013). Currently 129 PTs (100 in 2011/12) across BC registered themselves as researchers, decision-makers and/or clinicians in various practice areas (e.g. orthopaedics, cardiorespiratory). The registry is posted on UBC & PABC websites and this year we established online registration. 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 59 times from the PABC website during the past year.

**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.

<b>Partner Group</b>	<b># participants 2010-2011</b>	<b># participants 2011-2012</b>	<b># participants 2012-2013</b>
Clinicians	71	87	102
Researchers	22	32	38
Decision makers	11	23	23
Students	11	24	30

**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 & decision-maker collaborators.

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**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

**Year end report**

- Performed a review of existing on-line resources (July-Aug 09) and created an inventory (Nov 09) of those which are most useful. Worked with UBC and PABC librarians to select and/or synthesize preferred resources.

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

Resource	Purpose	# of hits Apr 2011 – Sept 2011	# of hits Sept 2011- Sept 2012	# of hits Sept 2012 - Sept 2013
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
Electrophysical Agents: Contraindications and Precautions	- Decision-making tool to guide safe application of electrophysical agents	U of Toronto Press; - ~10,000 mailed - 1620 hits - 822 print orders (113 in USA) - 157 electronic orders	U of T Press: 4, 403 views 1, 987 downloads 986 purchased 1383 purchased since publication  PABC: 102 views	238 (PABC)
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
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
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
Inventory of databases for outcome measures	- List of links to databases for rehabilitation-related outcome measures	Not available	79	182
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

Achilles Tendinopathy Toolkit	- (1) Summary of the evidence of interventions (2) Algorithm (3) Details of individual articles (4) Exercise prescription (5) Laser dosage calculation (6) Summary of medical & surgical interventions		1102 (PABC) 2,054 from 43 countries (Physiopedia) Not available (BJSM)	510 (PABC) 16,000 from 45 countries (Physiopedia) 84 (BJSM)
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 (Physiopedia) 45 (BJSM) This changed my practice UBC CPD GP blog ~ 8000 hits/month
Acute Exacerbation of COPD	- Summary of project, Link to systematic review		76	88
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
Guidelines for provision of wheelchairs in progressive neuromuscular disease	- Updated practice guideline for provision of wheelchairs in progressive neuromuscular disease		50	79
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
Overview of the PT KB position	- Outline of the PT KB position (role, scope, activities)		126	126

- Provision of Journal clubs via webinars for PABC members. The following table provides the metrics for PABC journal clubs:

Date	Topic	Partner(s)	Attendees/ Registrants	Downloads of recordings
Oct 2013	Lateral Epicondyle Tendinopathy (LET) Toolkit	Lateral Epicondyle Tendinopathy Task Force	44/81	Released after reporting period – views Oct 2013- March 2014 = 125
June 2013	Closed vs Open Kinetic Chain Exercise	Nadine Plotnikoff	60/104	438

April 2013	Kinesiotaping	Pauline Martin	70/145	509
Feb 2013	Frozen Shoulder	Dawn Siegel	127/169	2,270

For **2012-2013**, the webinar series is entitled “The Ease (E’s) of Practice: Evidence, Experience and Expertise”. The purpose, using a popular topic, is 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. Partners for presentations included either Faculty from UBC Dept. of Physical Therapy or clinicians with clinical postgraduate training, expertise and have instructed postgraduate clinical education courses in the topic area.

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 2013-2014, the webinar series is entitled “Outcome Measures: The Golden Key”

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

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. The following table provides the mean and range of improvement of a sample of outcomes from the pre/post evaluations of the 3 Ease of Practice webinars presented in 2012/2013:

Indicator (% change pre to post webinar)	Frozen Shoulder	Kinesiotaping	Open vs Closed Kinetic Chain
% positive change in being <b>very confident</b> in <b>finding</b> articles relevant to the topic	49.9%	23.5%	14.6%
% positive change in being <b>very confident</b> in <b>appraising</b> the articles related to the topic	11.4%	15.6%	11.4%
% positive change in being <b>very confident</b> in <b>applying</b> the information from the articles related to the topic	26.8%	20.7%	18.6%

- 79.3% of participants stated that they were “Much more confident” in knowing how to use the LET Toolkit after the webinar and all could articulate at least one thing that they would change their practice in order to better match the evidence from the literature.

The following comments are a selection of those obtained from journal club participants for webinars in 2012-2013

“Excellent material ... a brilliant job of hitting home the key points which can be applied in my practice.”

“... [this information] can be directly applied to my practice tomorrow.”

“Practical tips that will affect my practice.”

“I was impressed by the modelling of how to conduct evidence-based practice and apply the findings.”

“Challenging pre-perceived notions is very important. Well done.”  
 “Your efforts will definitely impact my work practices.”

**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).*

**Year end report**

Project & Partners	Objectives	Status
<b>Electrophysical Agents Indications</b>  Partners: PABC, UBC Dept of PT, Canadian Physiotherapy Association	To provide Physiotherapists with an evidence-informed clinical decision-making aid for use of electrophysical agents (eg. Laser, Ultrasound, TENS etc)	Initiated in October 2013. Team recruited from Ottawa, U of Manitoba, U of Toronto, UW, UBC. Currently defining scope and format.
<b>ANSWER 2</b>  Partners: Dr. Linda Li Arthritis Research Center UBC VGH VCH NCE Grand	Funded by a CIHR Catalyst Grant for eHealth Innovations, this project is an 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.  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.	1) Storyline and scripts developed based on the best evidence on the use of biologics and other management options in RA, and the contextual factors that affect a patient’s decision to use a treatment. 2) Developed the ANSWER-2 prototype Next steps: 1) Conducting usability tests and refining the prototype 2) 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.
<b>Prospective Surveillance of Arm Morbidity post Breast Cancer surgery</b>	This project builds on preliminary work that the study team has undertaken to manage the significant arm morbidity for women following breast cancer surgery.  Specific aims:	Completed preliminary phases: - community engagement workshop - pilot

<p>Partners: Dr. K Campbell (UBC Dept of PT) PHC, PHCRI, VCHRI Fraser Health BC Cancer Research Institute Simon Fraser University</p>	<p>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 &amp; patients.</p>	<p>RCT in process</p> <p>Next steps: - KT plan: workshop and online handbook</p>
<p><b>Total joint arthroplasty: Enhancing utilization of outcome measurement (TJAOM)</b></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>First manuscript in press</p> <p>Finalized recommended outcome measures along the continuum of care.</p> <p>Developed KT implementation &amp; evaluation plan.</p> <p>Developing supporting resources for release in April 2014 (CESEI learning modules, videos, template of letters to physicians)</p>
<p><b>AECOPD project</b></p> <p>Partners: UBC Dept. of PT PHCRI VCHRI PABC University of Toronto University of Saskatchewan</p>	<p>Given that SAFEMOB could not adequately address the needs for safe and effective exercise prescription for the unique, and costly population of 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 this project.</p>	<p>The systemic review of systematic reviews has received over 13,000 views.</p> <p>Recommendations derived from a Delphi process with researchers &amp; 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 interdisciplinary users is in process.</p> <p>A KT plan has been developed and 3 manuscripts have been published.</p>
<p><b>Tendinopathy Toolkits</b></p> <p>Partners:</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. Subsequent to the success of the Achilles Tendinopathy Toolkit, the Task Force decided to undertake the same process for Tennis elbow.</p>	<p>Completed Achilles Tendinopathy Toolkit. - Posted on the websites of PABC, UBC Dept. of PT, Physiopedia, British Journal of Sports Medicine - Recently submitted a grant application to develop the toolkit into an app.</p>



<p>UBC Dept. of PT VCHRI, PHCRI PABC</p>		<p>- Presented at 5 conferences and 2 webinars.</p> <p>- A new team is currently evaluating the impact of the Achilles Toolkit on the knowledge, attitudes and behaviors of BC PTs.</p> <p>Tennis Elbow Toolkit Completed in June 2013 and disseminated through the same mechanisms as that for the Achilles Toolkit with the addition of MD resources: UBC CPD Blog, BC Medical Journal</p>
<p><b>Cervical Spine Trauma: Use of Canadian Cervical Spine Rules</b></p> <p>Partners: Dr. Linda Li &amp; ARC UBC Dept .of PT PABC VCHRI PHCRI</p>	<p>The overarching goal of this project is 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>	<p>- Survey of 889 PTs in BC re current practice in cervical trauma, awareness of C-spine rule and perceptions of barriers to use of the rule was completed, analyzed and findings incorporated into the development of supporting resources which were rolled out in March 2014 (video, webinar, laminated copies of the Rule &amp; FAQ, templates of letters to physicians, inclusion in pre &amp; post licensure training)</p> <p>- Supported through participation in the "Foundations of KT Course (VCHRI/MSFHR)</p>
<p><b>FEATHERS</b> Functional Engagement in Assisted Therapy through Exercise Robotics</p> <p>Partners: UBC Mechanical Engineering, Physical Therapy, Occupational Science and Occupational Therapy, Kinesiology BC Center for Abilities, Abilities Neurological Rehabilitation</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>	<p>- Focus groups with OTs and PTs undertaken to identify current use of technology, barriers and benefits for future use and desired features. Two manuscripts in publication</p> <p>- Prototypes of software and hardware developed and usability testing in process</p> <p>- Submitted 3 manuscripts and 2 in process</p>
<p><b>Seating GAWG:</b> Seating Guideline Adaptation Working Group for provision of wheelchairs in</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.</p>	<p>The guideline has been appraised, updated and adapted to the BC context. Dissemination is anticipated for May 2014.</p>

<p>progressive neuromuscular disease</p> <p>- Partners: BCC&amp;W, Sunnyhill Hospital, GF Strong, UBC Dept of PT, UBC Dept of Occupational Science &amp; Occupational Therapy, VCH</p>	<p>(3) Incorporate information appropriate for specific progressive neuromuscular diseases.</p> <p>(4) Ensure the update guideline reflects the needs and practice environment of BC therapists.</p>	<p>It will be loaded on <a href="http://www.childdevelopment.ca">www.childdevelopment.ca</a> and cross linked to <a href="http://www.therapybc.ca">www.therapybc.ca</a></p>
<p><b>SAFEMOB</b> Safe mobilization of the acutely ill patient</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.</p>
<p><b>Enhancing physiotherapy best practice in issues of skin &amp; wound care</b></p> <p>- Partners: PABC, VCH, PHC, PT Skin &amp; Wound Care Committee, Interdisciplinary Skin &amp; Wound Care Committee; UBC Dept of Occupational Science &amp; Occupational Therapy</p>	<p>(1) To increase the awareness of BC PTs regarding the role of PTs in the prevention, assessment &amp; management of skin &amp; wound care issues.</p> <p>(2) To increase the number of BC PTs who undertake a basic risk assessment and utilize basic interventions for prevention &amp; management of skin &amp; wound care issues.</p> <p>(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>

**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.*

**Year end report**

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. Next anticipated call for proposals Fall 2014.

### **Activities for The UBC Department of PT**

- Interviewed by External Review Committee. The final report stated:  
*PT faculty members have been successful in integrating with the clinical environment, ensuring that practice informs research and vice versa. The position of knowledge broker is exceptional and highly valued. There is great potential for further advancing the position of knowledge broker with potential partners”*
- Facilitated development of Clinician Scientist position with Fraser Health Authority and the Arthritis Research Center
- Consulting member: UBC Faculty of Medicine Progress of Research Innovation and Excellence Working Group: Subgroup on Effective and Timely Dissemination of Research Findings
- Interviewed by Accreditation team re PT KB role
- Member: Dept. of PT Clinical Faculty Appointments, Reappointments and Promotions Committee
- Assist Faculty for KT components of grant submissions eg. Dr Kristin Campbell – CIHR Young Scientist Award & Dr Virji-Babul: MSFHR Scholar Award
- Evaluator: MPT Posters
- Advisor for MPT ‘Virtual Patient Project”
- Co-supervisor MPT project 2013/2014 MPT project PHTH 526
- Faculty meetings
- Submission of articles for newsletters
- Member – WICKED: West coast Inter-professional Clinical Knowledge Evidence Disseminator

### **Activities for PABC**

- Developed decision tree and supporting resources for BC Medical Association for GP referral to PTs for patients with inflammatory arthritis and osteoarthritis
- Established partnership with BC Pharmacy Association: conference presentation, newsletter article, decision-tree for guiding pharmacists in appropriateness of directing patients to physiotherapy
- Reviewed and responded to WorkSafe BC decision re osteoarthritis of the carpometacarpal joint
- Synthesized and posted resources on the PABC website for evidence-informed physiotherapeutic management of arthritis and osteoarthritis
- Developed the curriculum for and co-presented PABC webinar: Electrophysical Agents for Physical Therapy Assistants
- Submitted articles in each of the quarterly newsletters
- Assist PABC Knowledge Broker task force members in writing articles for newsletters
- Assist PABC members with requests for and interpretation of evidence for practice
- Assist PABC staff with specific requests for information from PABC members
- Assist PABC librarian with selection of resources for monthly member emails and for the website
- Curriculum development, coordinate presenters and co-present webinar journal clubs
- Presentation at PABC Practice Forum: “Our projects, Your practice”

**Activities for VCHRI & PHCRI**

- MSFHR SPOR unit LOI team member: PHCRI, VCHRI, BCCRIN
- PHCRI Research Leaders meetings
- PHCRI Community Engagement meetings
- KT & Community Engagement for VCHRI
- Member of Healthcare Education and Research Rounds (HEARR) Action Team for InspireNet
- Member of InspireNet's Fall Conference Working Group (IFWG): Connect 2014: KT for Specific Audiences
- Received "Leading Practice Award" from Accreditation Canada for PHC
- Developed decision-making aids for use of heat/cold in acute, rehabilitation and residential care settings
- Synthesis of evidence on mobilization for femoral lines
- Co-presenter for Healthcare Education and Research Rounds: DVT – are TEDs enough?
- Participation on PT and Interdisciplinary Skin & Wound Committees
- Mentor for PHC and VCH Research Challenge Teams
- Consultant for PHCRI KT issues
- Consultant for VCHRI KT issues
- Presentation at VCH/PHC STEP UP PT Education & Research Day; invited speaker.
- Led interdisciplinary team of surgeons, Nurse Practitioner, OT, PTs to successful unfunded RCT to address a clinical question regarding best practice in cooling & compression post TKR

**Other**

- Award of Excellence for Research / Knowledge Translation
- Catalyst and co-author for significant changes to 2 Practice Standards for the College of Physical Therapists of British Columbia: (#2) Electrophysical Agents and (#3) Assignment of a Task to a Physical Therapy Support Worker

**Presentations**

- Provincial Physiotherapy Practice Forum: "Our projects: Your practice"
- Canadian Physiotherapy National Conference, Montreal: "How to unite evidence, theory and experience to enhance evidence-informed practice using the example of a KT initiative to inform clinical management of tendinopathy"
- American Congress of Rheumatology, San Diego: Invited presenter & panelist Clinical Focus Course: Outcome Measurement
- Vancouver Whitecaps Medical Team: Electrophysical Agents for Inflammation
- Northern Health Authority: Electrophysical Agents Update (full day course)
- UBC Faculty of Medicine Postgraduate Workshop: KT in the Trenches of Health Care"
- Reaching out with Arthritis Research (ROAR): Does a Google a Day Keep the Doctor Away?

**Professional Development**

- Core Committee, Professional Development Committee & Member: BC Knowledge Translation Community of Practice (with MSFHR)
- VCHRI / MSFHR Knowledge to Action workshop
- KT Canada webinars: Wikis and Collaborative writing applications as KT interventions in health care
- Community Health Networking Works (CHNET) webinars: Why do we care about evidence synthesis?
- Member Knowledge Mobilization Forum Chats /Ontario Knowledge Transfer and Exchange Community of Practice: Social media and the knowledge mobilization process; Knowledge mobilization and measurement; A Rose by any other name – Who are we? What do we do? And who do we do it for?; International knowledge mobilization/knowledge translation and exchange examples; Equity in research partnerships; Barriers to knowledge mobilization and how to address them; Social media strategy; Interface – Where research meets action. Who should do what?

**Publications**

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**

Robinson J, **Hoens A**, Scott, A. Treatment options for tennis elbow. BC Medical Journal. 2013; 55(8), 381-393.

**Hoens A**, Camp PG, Reid WD. Knowledge Brokering: An Innovative Model for Supporting Evidence-Informed Practice in Respiratory Care. Canadian Respiratory Journal. Can Respir J. 2013 Jul-Aug;20(4):271-4  
Reid, WD & **Hoens AM**. Clinician's commentary, You et al. Physiotherapy Canada. 2012: 64(2).

Camp PG, Reid WD, Yamabayashi C, Brooks D, Goodridge D, Chung, F, Marciniuk DD, Neufeld A, **Hoens A**. Safe and effective prescription of exercise in acute exacerbations of chronic obstructive pulmonary disease: Rationale and methods for an integrated knowledge translation study. Canadian Respiratory Journal. Can Respir J. 2013 Jul-Aug;20(4):281-4.

Scott A, Docking S, Vicenzino B, Alfredson H, Zwerver J, Lundgren K, Finlay O, Cook J, Fearon A, Purdam C, Brasher P, **Hoens A**, Robinson J, Danielson P. Sports and exercise-related tendinopathies: A review of selected topical issues by participants of the 2<sup>nd</sup> International Scientific Tendinopathy Symposium (ISTS) - Vancouver 2012. Br J Sports Med. 2013 Jun;47(9):536-44. doi: 10.1136/bjsports-2013-092329. Epub 2013 Apr 12

Li LC, Cott C, Jones CA, Badley EM, Davis AM, PEOPLE Meeting Participants. Improving Primary care in Chronic Musculoskeletal Conditions through Digital Media: The PEOPLE Meeting. JMIR Research Protocols. JMIR Res Protoc. 2013 Mar 8;2(1):e13. doi: 10.2196/resprot.2267

**In press**

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 Advance online article doi:10.3138/ptc.2013-34

**Submitted**

Shadgan B, Pakravan AH, **Hoens A**, Reid WD. Effects of local cold spray on subcutaneous and intramuscular blood flow and oxygenation. Research in Sports Medicine.

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

**In process**

Tatla S, Shirzad N, **Hoens AM**, Li, LC, Lohse KL, Virji-Babul N. Clinicians Therapists' perceptions of technology use in upper limb rehabilitation.

Lam MY, Tatla S, Lohse K, **Hoens AM**. Perceptions of technology and its use for therapeutic exercises in individuals with hemiparesis: Focus group findings.

**3. RESEARCH GRANT ACTIVITY**

Year 4: 1/6 grant applications successful\*: Total funding: \$6,000 \*awaiting results on 4/6

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

Note: 3 submitted Dec-Mar 2014

<b>Funding Agency</b>	<b>Title</b>	<b>PI</b>	<b>PT KB Role</b>	<b>\$</b>	<b>RESULT</b>
Canadian Physiotherapy Foundation	Achilles Tendinopathy Toolkit: Development of an App	Dr A Scott	Co-investigator	\$5,000	Awaiting result
CIHR Knowledge to Action	Supporting Physical activity & Reducing sedentary behavior in Arthritis (SUPra)	Dr. L Li	Co-investigator	\$199,328	Awaiting result
CIHR	Knowledge translation to optimize mobility independence in older adults: Improving Cognitive & Joint health Network (ICON)	Dr. L Li	Knowledge user	\$597,868	Awaiting result
Canadian Lung Association / CHRP	Contributing factors to pain experienced by people living with COPD	Dr. D Reid	KB support	\$23,809	Awaiting result
VCHRI Research Challenge	HipE – challenging the norm. Can a web-based audio-visual tool influence PTs' knowledge and self-efficacy for effective post-THA exercise prescription?	S. Ting	KB support	\$6,000	Funded
CHRP	Balance Training using a Robotic Platform in Post-stroke Rehabilitation	Dr. van der Loos	Collaborator	\$150,000 for each of 3 years	Withdrawn

#### **4. Key Messages from Year 4**

Unsolicited invitations - KT Training Framework (MSFHR); SPOR Support Unit LOIs; UBC School of Public and Population Health KT Course, Canadian Respiratory Journal (KT Special Issue), BC Medical Journal, Physiotherapy Canada editorial, Presentations at American and Canadian Rheumatology Conferences, Interview for Pain Science Division, University of Alberta webinar, BC Pharmacy Association Conference

Unanticipated revenue generation: invited presentations (see attached budget)

KT skill enhancement: Development of decisional conflict and decision aids, usability testing, development of quality indicators, incorporation of digital media and social media in KT. These skills are transferrable to any area of practice for future projects.

Unprecedented reach: e.g. Achilles Tendinopathy Toolkit 16,000 views from 45 countries; AECOPD Systematic Review 13,000 views

New partnerships: BC Medical Association, BC Pharmacy Association, BCCRIN

Development of resources and feedback of appreciation for practice change: e.g. Lateral Epicondyle Tendinopathy Toolkit UBC FOM CPD "This Changed My Practice" Blog

**Major KT initiatives for release in Year 5**

Videos: <http://www.mediafire.com/watch/0q4b7xa5ikwk51y/C-Spine-Video-Final.mp4>

Learning Modules: CESEI <https://www.cesei.org/login.php?pId=0>

Templates of discharge letters

Incorporation of resources into pre-licensure and post-licensure education

Decision aides to attenuate decisional conflict

Discrete choice analysis to direct service delivery

App

**5. Proposed Priorities for Year 5**

**Call for proposals for new project**

**Impact evaluation**

- Formal evaluation of the knowledge broker role
- Discussions underway with MSFHR to partner in the evaluation

**Continue to enhance KT skills**

- Priorisation of service provision - Discrete choice analysis for allocation of resources
- KT leadership of ICON (Network Catalyst Grant) - Co-leading the KT Core Facility

**Build and sustain KT**

- MSFHR KT Training Framework
- Training KBs (ICON grant & possible UBC interdisciplinary course)

