

# SPOR-PEI: PRIMARY & INTEGRATED HEALTHCARE INNOVATION NETWORK

## Introducing the SPOR-PEI PIHCl Network Newsletter



The purpose of this newsletter is to keep you informed about the development and current activities of the SPOR PIHCl Network in PEI.

## What is the SPOR-PEI PIHCl Network

The PEI PIHCl Network creates the infrastructure for a learning / knowledge network in primary health care addressing patient oriented issues across the lifespan (i.e. child, adult, seniors). The Network is a 5-year, CIHR supported initiative to enhance patient oriented research across Canada through increased collaboration, engagement, innovation, integration and evidence-based decision-making. In PEI we have the potential to develop both a physical and virtual environment for new ways of thinking about healthcare across a variety of cohorts

and health conditions. Our vision is to create a vibrant and productive patient oriented research community in PEI that is linked regionally and nationally to deliver more integrated, cost-effective primary and integrated health care that leads to improved health outcomes for Islanders. Utilizing a collaborative approach, we will focus on innovative evidence-based initiatives that promote efficient and effective care to meet today's challenges.

## Transformative Change in Primary & Integrated Healthcare

The priority areas of study outlined by CIHR and within which the SPOR-PEI PIHCl Network participates are:

- Individuals with complex needs – from children to older adults
- Multi-sector integration of upstream prevention strategies
- Healthcare delivery models

Focusing on these three areas, PIHClN will increase research

collaboration between the health system, researchers and patients to support more efficient and cost-effective primary and integrated care that improves coordination and access, optimizes the use of resources, and helps reduce preventable acute care utilization.

### ENGAGED



The SPOR-PEI PIHCl Network is designed to enable researchers, clinicians, policy makers, students and patients to interact in patient oriented health research.

The SPOR-PEI Network will create opportunities for individuals to develop and upgrade skills in patient oriented research and thereby establish a new cadre of highly qualified personnel.



### COLLABORATIVE

The SPOR-PEI Network will create provincial and cross-jurisdictional opportunities that are innovative to address similar needs of patients, enable creative approaches to patient engagement and help improve quality and reduce healthcare costs.



### CONNECTED

The SPOR-PEI Network is an active collaborating partner in the CIHR SPOR Network of Networks, thereby enabling greater opportunities to optimize programs of patient oriented research.



## Intra/Inter-Provincial Interdisciplinary Research Collaborations

The SPOR-PEI PIHCl Network has been actively involved in several SPOR-promoted initiatives since its inception in 2014.

As part of an emerging Network of Networks, the SPOR-PEI PIHCl Network researchers partnered with researchers from the New Brunswick SPOR – PIHCl Network to participate in the first round of the CIHR Quickstrike Research Projects. The overall goal of the research is to improve health care for children with complex health conditions and their families. In this collaborative project, researchers are addressing four specific research questions: **(1)** How are “children with complex health conditions” defined in the literature? **(2)** What are the needs of children with complex health

conditions and their families in NB and PEI? **(3)** What services and programs are available to address the needs of children and their families with complex health conditions, including resource gaps and barriers to accessing care in NB and PEI? And **(4)** what information is gained by applying a comprehensive algorithm about children with complex health conditions to administrative data sets? The research is an exemplar of the potential that such collaboration can create and is jointly funded by CIHR and the Jarislowsky Foundation (NB).

Similarly, researchers from the SPOR-PEI Network collaborated

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*A primary tenet of the SPOR-PEI PIHCl Network is that there will be patient engagement / involvement from across the Island, at every stage of the research process*

## The objectives of the SPOR-PEI PIHCl Network are to:



- Develop and sustain effective alliances between the research community, health system and other partners to conduct patient-informed research;
- Create a practice-based learning and research network
- Conduct research to assess the impact, cost-effectiveness, comparative efficiency and scalability of existing and new innovative, integrated primary health care delivery models and develop patient-oriented interventions with a focus on patients with complex needs and

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*By creating a network that collaborates inter-jurisdictionally, researchers can test new approaches and provide evidence to design, develop and implement more efficient, cost-effective primary and integrated healthcare, to improve the patient experience and embed person-centered care.*



## A Community Based Primary Healthcare Clinic in the lower level of the Steel Building at UPEI provides an area for students, clinicians, researchers and patients to experience patient oriented research practices in a variety of conditions and applications

### Example of a PEI PIHCl Network Community-Based Project

Given current demographic and health status trends, it is widely recognized that the existing system of health care delivery is not sustainable. Not only does PEI have a relatively older population, but Islanders have higher rates of obesity (25% vs 21%) and chronic disease in comparison to the Nation (31% vs 28%) and many are living with complex multi-morbidity. Given the aging population, and the increasing prevalence of chronic conditions, the demand for health care services will continue to grow exponentially. Near seniors (age 50-64) and seniors (65+) already comprise a significant percentage of visits to primary health care and PEI has consistently had higher rates of hospitalizations than Canada for ambulatory care sensitive conditions (ACSC's) (i.e. hospitalizations that could potentially have been prevented with access to optimal primary health care). In addition, a disturbing trend is that about 47% of Islanders aged 50-64 are considered pre-frail and 29% are frail which will exacerbate morbidity, mortality and health care utilization. A key strength of this Network is that it will bridge the gap between the PEI health system and researchers at UPEI and other research institutions. This Network will help to break down silos to work toward common goals that will ultimately enhance

service quality, improve access and efficiencies, and lead to better health outcomes for Islanders. Research evidence will support the most appropriate care, by the right provider in the right setting. The vision and objectives of the PEI PIHCl Network are aligned with the strategic priorities of the PEI health system (i.e. access, quality and efficiency). Importantly, the research will build on the work underway within Health PEI to strengthen the collaborative care model, implement new models of care to identify and respond effectively to the needs of complex, and high risk/ high use patients, and improve coordination and transitions of care. One such group of complex needs patients are those who are living with chronic respiratory and cardiac problems.

### Activities at the Clinic

In January 2016, as part of the SPOR-PEI PIHCl Network initiative, UPEI researchers worked directly with healthcare providers from Health PEI and the Queen Elizabeth Hospital in Charlottetown to launch the Pulmonary Rehabilitation Pilot Project.

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Activities ...  
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This initiative included a weekly program of guided and monitored exercise following in-class self-management education seminars over a twelve-week period. Moderate to severe COPD patients were scheduled into the Steel Clinic for the two-hour sessions twice weekly under the direction of trained healthcare providers.

Following on the successful implementation of the pulmonary rehabilitation pilot program, a second cohort of COPD patients was scheduled for April through to June, 2016. Several UPEI students were involved in the project, which enabled them to build their knowledge and skills in research and in COPD. In addition, a cohort of patients requiring cardiac rehabilitation was also scheduled into the clinic using a programming approach similar to that which was used in the pulmonary rehabilitation pilot – a twice weekly program of guided and monitored exercise combined with self-management education over a twelve-week period.

Positive outcomes from these initial pilot programs has led to a five year commitment between Health PEI and UPEI to continue the delivery of these Programs in conjunction with the SPOR-PEI PIHCl Network.



Intra/Inter Disciplinary Research  
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with researchers from Université d'Moncton, University of Sherbrooke, Cape Breton University, and University of New Brunswick, to successfully secure a second Quickstrike Grant in March 2016. The proposed project is a cross-jurisdictional collaboration between the SPOR OIHCl Networks in New Brunswick (NB) and Prince Edward Island (PEI).

The research objectives are to: 1) to produce provincial-level child health profiles (CHP) based on administrative data available in NB and PEI and informed by the needs expressed by knowledge users (KU); 2) to develop a system for intra-sector data sharing and database integration across departments within each province that will enable the creation of an intra-provincial birth cohort database (IPBCD); and 3) build this system to create a roadmap for population-based birth cohorts, one in NB and one in PEI, using administrative datasets available in each province.

SPOR-PEI PIHCl Network researchers have most recently collaborated on a larger grant submission, led by the Quebec SPOR PIHCl Network investigating Comparative Policy Analysis, entitled, *Connecting primary health care with social services, public health and community supports.*

The Network is also actively involved in several primary care research projects with Health PEI

Future research opportunities continue to be explored.

CIHR-SPOR Initiative

Strategy for Patient-Oriented Research



Patients as Partners in Research

Creating a continuously learning system focused on primary and integrated healthcare innovations which can develop and sustain effective alliances between research, health and other partners to conduct patient-engaged research



A network of networks

The Network will focus on new approaches to the delivery of primary and integrated health care (including primary prevention) both horizontally and vertically across the care continuum



## SPOR-PEI PIHCl Network Objectives

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vulnerable cohorts across the lifespan;

- Conduct research on upstream prevention to support prevention and management of chronic disease and reduce preventable health care system utilization;
- Ensure the exchange of information and evidence on promising, successful and unsuccessful interventions and innovative models of care and upstream prevention strategies;
- Provide evidence to support the provision of patient-centred care that is based on patient values and needs and is responsive to economic, social and cultural differences;
- Build research capacity of students, researchers, primary care providers, members of the broader health system and other community partners, along with patients and patient advocates.

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Central to our purpose is the meaningful and active participation of stakeholders in network governance, identifying network priorities, and achieving our objectives in all phases of the research network process.

Stakeholder engagement will ensure that the research agenda is relevant and responsive to the needs of patients and the health system, and will facilitate translation of evidence into practice.

The Network continues to engage key stakeholders in all aspects of development and identifying research priorities.

## The 10 Essentials of CIHR-SPOR PIHCl Networks

The SPOR PIHCl Networks are a five-year initiative by CIHR with a specific mandate and direction. To ensure that the Networks are effective in achieving success, the following 10 key elements are required:

1. Establish a tri-partite leadership comprised of leads in science, policy, and clinical practice
2. Develop a strategic scope:
  - I. individuals with complex care needs across the life course, showing capacity to evolve the network's scope over time to include age groups from children to older adults; and
  - II. multi-sector integration of upstream prevention strategies and care delivery models
3. Engagement of key stakeholders across the care continuum in primary and integrated care re-design
4. Citizen/patient/family engagement
5. Capacity for rapid monitoring, evaluation, feedback (linkages with SUPPORT Units)
6. University partnerships to develop primary and integrated health care research capacity
7. Capacity to implement and evaluate e-Health solutions that could improve the cost-effectiveness of care delivery
8. Geographic scope: Coverage of practices and patients
9. Linkage to Community Based Primary Healthcare Innovation Teams
10. Partnership funding (1:1 for infrastructure award and research priorities)

## A Network for Collaboration in Patient Oriented Research

The close collaboration with our health system stakeholders will help to facilitate the production of timely and relevant research to support decision-making. The Network will strive to develop patient oriented research initiatives with the general public, health care providers including physicians, nurses and other allied health professionals, such as policy makers, senior management and government liaisons. In addition, our collaborative efforts will link the network to stakeholders outside

of the healthcare sector. For example, we will develop research programs with child and family services, law enforcement, the poverty coalition, and representatives from workforce and advanced learning to name but a few of our future collaborators. The Network will seek out opportunities to work with experts in illness prevention / management, as well as health promotion and community care; using innovative approaches to manage conditions and develop positive changes in the lives of patients and their families.



*Through an inclusive approach to shared learning and knowledge translation, the SPOR-PEI PIHCl Network is intent on developing a community of practice in Patient Oriented Research*

## Creating Opportunities: Skill Development and Life-long learning

A primary element of the SPOR PIHCl Network is inter-professional development. Researchers in the Network will build research capacity by creating and delivering opportunities for students, researchers and other stakeholders for knowledge and skill development in research methods and applications.

By providing in-service training through thematic workshops, developing curriculum for delivery in the Atlantic Regional Training Centre's Masters of Applied Health Service and Research Degree, or by offering opportunities for graduate students, post-doctoral fellows and research project collaborators, members of the Network will make explicit within the professional culture: collaboration, engagement, innovation, integration, and practices that are evidence-informed.

## Connect with the SPOR-PEI PIHCl Network by contacting us:

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