





Prince George, British Columbia

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IDC Research Days Conference would not have been possible without the support and contribution of a number of organizations, universities, individuals and community members. We extend a warm thank you to all for their many hours dedicated to planning this successful event.

Civic Centre Entry  
*Photo courtesy of  
NH Communications*







Mr. PG, at the junction of Highway 97 and Highway 16

# Research Days 2014

Partners for Health: Communities, Families, Researchers and Care Providers

November 5-7, 2014

Civic Centre, Prince George, BC

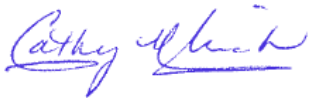
## Welcome to the IDC Research Days Conference



Welcome to the 2014 IDC Research Days conference. It is a privilege for Northern Health to partner with UNBC in hosting this annual event. A special acknowledgement and thank you goes to the organizing committees for their work over the last year to plan this conference, including the Abstract Review committee and the Conference Planning committee.

The focus for the 2014 conference is “Partners for Health: Communities, Families, Researchers, and Care Providers” with an emphasis on how partnerships contribute to knowledge generation and knowledge mobilization for the purpose of improving health. The conference themes are healthy communities, integrated, accessible health services, and person-centered, family-focused care.

This conference has been designed to profile Northern BC research, evaluation, and quality initiatives and will provide formal learning as well as informal opportunities for participants to learn from each other. I hope the three days provide a forum for exchanging ideas, creating new partnerships and furthering existing partnerships in the interests of fostering health and wellbeing for the people we serve.



**Cathy Ulrich**  
President and CEO,  
Northern Health



# Research Days 2014

Partners for Health: Communities, Families, Researchers and Care Providers

November 5-7, 2014

Civic Centre, Prince George, BC

## Welcome to the IDC Research Days Conference

On behalf of the Innovation and Development Commons (IDC) and the University of Northern British Columbia Health Research Institute (HRI), we would like to welcome you to Prince George and to the Annual Research Days Conference and the 12<sup>th</sup> Annual Canadian Rural Health Research Society Conference (CRHRS), "Stories of Rural Health Through Knowledge, Research & Collaborative Action". The goal of this year's conference is to bring together different experiences and perspectives regarding knowledge sharing, research and collaboration and we are excited to be partnering with the CRHRS and connecting our local researchers, practitioners and community groups with a national group of researchers focused on rural and northern health.

The IDC is an on-going partnership between Northern Health and UNBC which aims to facilitate education, research, and innovation in the North and ultimately improving the quality of life and health outcomes for Northerners. Embarking on its inaugural year, the HRI is focused on its mission to facilitate the creation and translation of knowledge that will enhance the health and wellbeing of individuals, families and communities. The partnership between UNBC and NH, enhanced by our joint commitment to community engagement, provides a unique environment for the creation of knowledge and its translation into practice.

We look forward to highlighting the innovative research and initiatives occurring in Northern BC. We welcome plenary speakers from the First Nations Health Authority to tell us their story about commitment to community and community engagement to improve the health of First Nations in BC. As well, we will hear from Dr. Margot Parkes and her partners on the innovative collaboration between Northern Health, UNBC, and community as they discuss their research connecting watersheds, well-being and the environment as a context for health.

We anticipate connecting with you during the conference and hope you enjoy Prince George.



A handwritten signature in blue ink, appearing to read "Fraser Bell".

A handwritten signature in blue ink, appearing to read "Geoff Payne".

**Fraser Bell**  
VP, Planning Quality Information  
Management

**Geoff Payne**  
Assistant Dean, Northern Medical  
Program



# Research Days 2014

Partners for Health: Communities, Families, Researchers and Care Providers

November 5-7, 2014

Civic Centre, Prince George, BC

## Welcome to the 2014 IDC Research Days Conference



I would like to welcome everyone to the 12<sup>th</sup> Annual Conference of the CRHRS and 3<sup>rd</sup> Annual IDC Research Days. It has been a pleasure to develop the program under the conference theme of “The Stories of Rural Health through Knowledge, Research and Collaborative Action”. Telling and listening to stories help us to understand and communicate our knowledge in powerful ways. The conference this year takes on a new flavour for those of us in rural health, and I hope that everyone will immerse themselves in the possibilities! This year’s partnership between the CRHRS, the Innovation and Development Commons (IDC) and the Health Research Institute (HRI) has resulted in a very creative and exciting program of social activities, keynote speakers and workshops to complement the concurrent sessions. A special thank you to the 17 individuals on this year’s scientific review committee. I would also like to say a very special thank-you to Rachael Wells, Joanna Paterson and Lorene Jewitt for their assistance in developing this exciting program. Dream big and enjoy all that the conference, Prince George and Northern British Columbia have to offer.



**Martha MacLeod**

HRI, Scientific Chair, Annual IDC & CRHRS Conference

“Stories of Rural Health through Knowledge, Research and Collaborative Action”



UNBC Courtyard

*Picture courtesy of NH Communications*

# PRINCE GEORGE

We are pleased to welcome you to the beautiful and dynamic city of Prince George, British Columbia for the 2014 IDC Research Days Conference **"Partners for Health: Communities, Families, Researchers and Care Providers"**.

Prince George is the place where roads, rails and rivers meet. Located at confluence of the Fraser and Nechako Rivers and at the junction of Highways 16 and 97 (786 kilometers NE of Vancouver), the city is a major transportation hub located in the heart of British Columbia. Our city is never still and seems to constantly have an event, festival or celebration to bring people together. In Prince George you will find top-notch theatre, arts and culture. Visit the beautiful campus of UNBC and discover for yourself why it's been ranked 'the best in the West'. From your hotel enjoy our 11km Heritage River Trail system that follows the rivers and winds through some of Prince George's most scenic and historic sites. Take a short hike through Forests for the World or enjoy the sights of Exploration Place, The Railway and Forestry Museum or Twin Rivers Art Gallery.

Come to Prince George and not only will you find wilderness and wildlife, you will also discover all the modern amenities we can offer. Prince George, a city well worth exploring and a fabulous host for this conference!



Fraser River  
*Picture Courtesy of  
NH Communications*

Moose in Prince George  
*Picture Courtesy of  
NH Communications*





*BC Cancer Agency, Centre for the North*



*University Hospital  
of Northern BC*



*Health Sciences Centre, UNBC*



*Courtyard, UNBC*



*Photos courtesy of University of Northern British Columbia Communications*

## PARTNERS



### **Northern Health**

Northern Health is responsible for the delivery of health care across Northern British Columbia, including acute care, mental health, public health, addictions, and home and community care.

The Authority covers almost two-thirds of B.C.'s landscape, which is home to over 300,000 people. [www.northernhealth.ca](http://www.northernhealth.ca)



### **Innovation and Development Commons**

The Innovation and Development Commons (IDC) is a partnership between Northern Health and the University of Northern British Columbia (UNBC). It aims to facilitate education, research, and innovation in the North, ultimately improving the quality of life and health outcomes for Northerners.



### **Health Research Institute**

The mission of the Health Research Institute (HRI) is to facilitate the creation and translation of knowledge that will enhance the health and well being of individuals, families and communities. The HRI supports UNBC's health researchers to find ways of enhancing the creation of knowledge, the development of research capacity and the exchange of knowledge with research partners: communities, community organizations, practitioners, and most notably, Northern Health.

## SPONSORSHIP



SCHOOL OF NURSING  
SCHOOL OF SOCIAL WORK  
NORTHERN MEDICAL PROGRAM





# ACKNOWLEDGMENTS AND APPRECIATION



**University of Northern British Columbia**  
for their support and partnership  
with the conference

## **Workshop Presenters**

Dr. Gina Browne, Bev Holmes, Colleen McGavin,  
Trevor Hancock, Jude Kornelsen

## **Keynote Speakers**

Dr. Gina Browne



## **Plenary Speakers and Panels**

Bev Holmes, Colleen McGavin, Patricia Howard  
Chantelle Wilson, Cindy Hardy, Yaron Butterfield, Anthony

## **Traditional Territory of the Lheidli T'enneh**

**All of the presenters who participated  
in this conference**

## **The Scientific Review Committee**

for their review of the abstracts  
Linda Axen, Nicole Balliet, Taylor Fleming, Tanis Hampe,  
Rachael Wells, Melanie Mogus, Alice Muirhead

## **Conference Planning Committee**

Linda Axen, Tamara Checkley,  
Jayleen Emery, Taylor Fleming,  
Tanis Hampe, Tammy Hoefler, Alice Muirhead,  
Kim Powley, Elizabeth Whittles



## PROGRAM AT A GLANCE

<b>Wednesday, November 5, 2014</b>		
7:30am – 8:30am 7:30am – 4:00pm	Continental Breakfast Conference Registration	<i>Civic Center, Room 101 Civic Center, Foyer</i>
8:30am – 8:45am	<b>TRADITIONAL WELCOME</b>	<i>Civic Center, Room 101</i>
8:45am – 9:00am	<b>OPENINGS AND GREETINGS</b> Cathy Ulrich, CEO Northern Health UNBC - TBC	<i>Civic Center, Room 101</i>
9:00am – 10:00am	<b>KEYNOTE SPEAKER – Person-Centred Health Care Works!!.. and Saves Money!!</b> Gina Browne, B.ScN, MS, PhD, Hon.LL.D, FCAHS Professor School of Nursing, McMaster University Founder and Director, Health and Social Service Utilization Research Unit	<i>Civic Center, Room 101</i>
10:00am – 10:30am	<b>Refreshment Break &amp; Poster Viewing</b>	<i>Civic Center, Foyer</i>
10:30am – 12:10pm (4)	<b>CONCURRENT SESSIONS - TBD:</b>	
12:15pm – 1:15pm	<b>Lunch &amp; Dr. Hamour Presentation</b>	<i>Civic Center, Foyer</i>
1:15pm – 2:30pm	<b>WORKSHOPS (additional workshops to be confirmed)</b> A) Trevor Hancock - Holistic Policies for Healthy Communities B) Gina Browne C) CATIE D) TBD	<i>TBD</i>
2:30pm – 3:30pm	<b>Refreshments available</b>	<i>Civic Center, Foyer</i>
2:40pm – 4:30pm	<b>WORKSHOPS cont'd:</b> A) Trevor Hancock – Holistic Policies for Healthy Communities B) Gina Browne C) CATIE D) TBD	<i>TBD</i>
4:30 – 6:30	<b>Reception &amp; Poster Viewing</b>	

## PROGRAM AT A GLANCE

<b>Thursday, November 6, 2014</b>		
7:30am – 10:00am 7:45am – 8:45am	Conference Registration Breakfast Buffet	<i>Civic Center, Foyer Civic Center, Room 101</i>
8:45am – 10:00am	<b>WELCOME &amp; PLENARY SESSION:</b> <b>Bev Holmes, Vice-President, Research Impact</b> <b>Michael Smith Foundation for Health Research</b> <b>Colleen McGavin, Patient Partner</b>	<i>Civic Center, Room 101</i>
10:00am – 10:15am	<b>Refreshment Break &amp; Poster Viewing</b>	<i>Civic Center, Foyer</i>
10:15am – 12:15pm (4)	<b>CONCURRENT SESSIONS - TBD</b>	<i>TBD</i>
12:15pm – 12:45pm	<b>Lunch</b>	<i>Civic Center, Foyer</i>
12:45pm – 1:15pm	<b>Rapid Fire Poster Presentations</b>	
1:15pm – 2:00pm	<b>Poster Viewing</b>	
2:00pm – 2:15pm	<b>Transition Break/Refreshment Break</b>	<i>Civic Center, Foyer</i>
2:15pm – 5:30pm	<b>WORKSHOPS (additional workshops to be confirmed)</b> A) Bev Holmes & Colleen McGavin B) Jude Kornelsen C) CATIE D) TBD	<i>TBD</i>



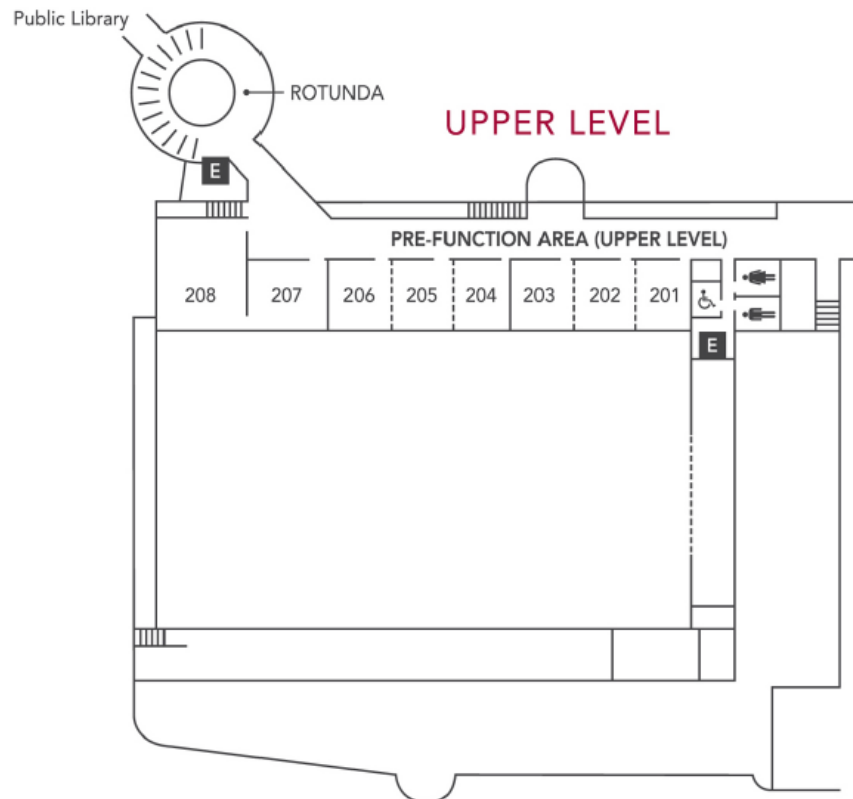
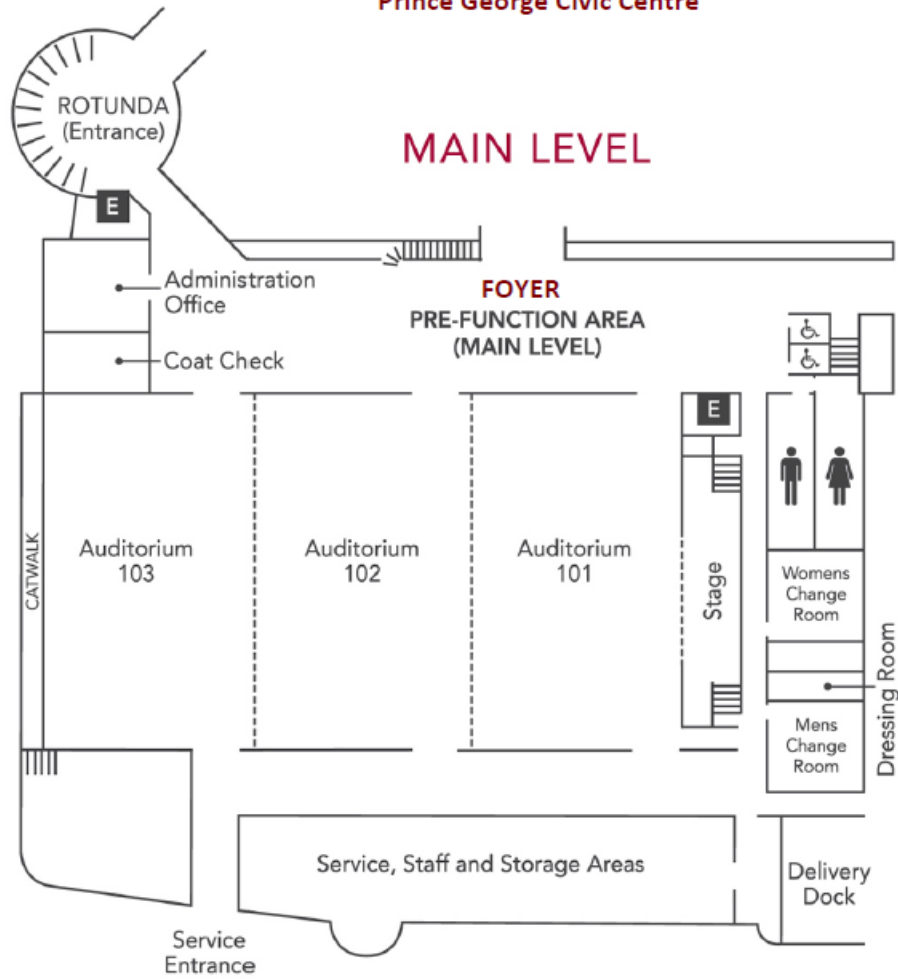
## PROGRAM AT A GLANCE

<b>Friday, November 7, 2014</b>		
7:30am – 10:00am 7:30am – 8:30am	Conference Registration Breakfast Buffet/Breakfast Tables	<i>Civic Center, Foyer Civic Center, Room 101</i>
8:30am – 8:45am	<b>Welcome and Student Poster Award</b>	<i>Civic Center, Room 101</i>
8:45am – 9:45am	<b>Plenary or Panel Speaker – to be confirmed</b>	<i>TBD</i>
9:45am – 10:00	<b>Transition Time</b>	
10:00am – 12:30pm	<b>CONCURRENT SESSIONS - TBD:</b>	<i>TBD</i>
12:45pm – 1:00pm	<b>CLOSING REMARKS</b> <b>Fraser Bell, VP, Planning Quality and Information Management, Northern Health</b> <b>Martha MacLeod, Co-Lead UNBC Health Research Institute</b>	

*Photo courtesy of NH Communications*



Prince George Civic Centre



## KEYNOTE SPEAKER

**Dr. Gina Browne B.ScN, MS, PhD, Hon.LL.D, FCAHS**

**Wednesday, November 5, 2014**

**0900 – 1000**

Prince George Civic Centre, Room 101

### **Person-Centred Health Care Works!....and Saves Money!**

**Dr. Gina Browne**  
*Professor, School of  
Nursing, McMaster  
University*



Dr. Browne teaches and supervises students in both the HRM program and the graduate programs of the School of Nursing at McMaster University.

Since 1978, Gina has been in clinical practice as the family therapist for a Halton Health Service Organization. She has a long track record of conducting research in chronic illness and service utilization at McMaster University, in developing others in the conduct of research, linking and coordinating a variety of clinical and research initiatives. She is particularly interested in clientele shared by health and social sectors, the combination of problems that guides simultaneous use of services, factors which explain the variability of client outcomes and the cost of a “life without purpose” to society. It has been said that, “Gina often thinks the unthinkable, says the unsayable and does the undoable!”



# PLENARY SESSION

Thursday, November 6, 2014

0830 – 1000

Prince George Civic Centre, Room 101

## ***“Patient Engagement in Health Care: How Can Research Help Us Get It Right?”***

### **Plenary Speakers:**



Bev Holmes, VP Research Impact  
Michael Smith Foundation for Health  
Research.



Colleen McGavin, Patient Voices  
Network

This plenary session :

Canada takes pride in its health care system for good reason – but almost everyone has a story to tell that demonstrates there is much room for improvement. Patient engagement is an important trend with the potential to improve:

- a) care for those affected, and
- b) the health care system overall

Research on patient engagement is starting to offer lessons on how to get it right, but there are lots more to learn. One of the best ways we can learn is to partner on patient engagement research: the public (as patients, family members, community members and citizens), care providers, researchers and health care decision makers. There are increasing opportunities to get involved in research on patient engagement, and an emerging knowledge base on the range of mechanisms, the “core competencies” for all partners, and the critical success factors

## Panel Session

Friday, November 7, 2014, 0845 – 0945

Prince George Civic Centre, Room 101

"TBD"

### Plenary Panelists:



**Ronald Chapman**

*Vice President Medicine,  
Northern Health,*  
a co-lead on the project as  
Chief MHO for Northern  
Health and lead of NH's  
Environment as context for  
the Health Position Paper.



**Sandra Harris**

*Wet'suwet'en Nation,*  
a community watershed  
partner who has been  
working closely with the  
Office of the Wet'suwet'en  
to produce a Digital Story  
profiling Health-  
Environment and  
Community connections in  
watersheds.



**Terry Robert**

*Fraser Basin Council,*  
a key partner and steering  
committee member through  
the work who has extensive  
experience on intersecting  
oral/partnered governance  
issues.

This plenary session will combine a presentation and panel that profiles lessons from an innovative Northern Health – UNBC partnership focused on watersheds, well-being and the environment as a context for health.

The session begins with a plenary address from **Dr. Margot Parkes**, a Canada Research Chair in Health, Ecosystems and Society and an Associate Professor in the School of Health Sciences at the University of Northern British Columbia, profiling innovations in research, education and practice focused on ecosystem approaches to health from regional through to international contexts.

Insights from the application of this work in northern BC will be profiled through the use of Digital Storytelling to integrate health, environment and community concerns, and the experiences of project partners from a multi-stakeholder Knowledge to Action project focused on intersectoral action for health within northern BC watersheds.

Panelists from Northern Health, Wet'suwet'en Nation and Fraser Basin Council will share their experiences and insights from the project as they relate to conference themes of stories knowledge, research and collaborative to improve health and wellbeing.

# WORKSHOPS

## “Holistic Policies for Healthy Communities”

**Wednesday, November 5, 2013**

**1315 - 1630**

**Prince George Civic Centre, Room 101**

Using a model that integrates community, environment and economy and identifies six key qualities of a healthy community, participants are led through a process of considering how various public policy issues need to be addressed in order to create healthier public policy that creates the conditions for better and healthier communities. Policy issues such as housing, food, transportation, parks, public works and other important municipal issues are addressed

### **Trevor Hancock, MB, BS, MHSc**

*Professor and Senior Scholar  
School of Public Health and Social Policy,  
University of Victoria*



Dr. Trevor Hancock teaches that cities wanting to improve the health of their citizens need to pay attention to both their physical and their social environments. Think of increasing the amount of green space downtown or introducing community programs that connect citizens with their cities.

Over the past 30 years as an internationally recognized health promotion leader, Dr. Hancock has helped to put health on the agenda of thousands of cities and towns around the world.

He has had a long-standing interest in the relationship between human and environmental health and is one of the founders of the global Healthy Cities and Communities movement.

Dr. Hancock teaches in the School of Public Health and Social Policy at the University of Victoria, where his graduate courses connect students to real on the ground problems facing society.

The challenge now is to increase awareness. As co-chair of a working group studying human and ecosystem health for the Canadian Public Health Association (CPHA), he is searching for new, creative ways to communicate his message.

In Dr. Hancock's words: "We want the three minute viral video, not the academic paper."

# WORKSHOPS

**“TBD”**

**Wednesday, November 5, 2014**

**1315 - 1630**

**Room 201-203, Prince George Civic Centre**

This workshop is intended for junior researchers, clinicians and health authority employees who are interested in conducting research or have research ideas but need direction and confidence to move forward. The goal of this workshop is to work with participants to develop their research ideas into project proposals. During this interactive session, you will explore and discuss research ideas, learn how to refine and develop research questions, define strategies for developing research questions, and explore appropriate methodologies to carry out such research questions.

The objectives of this workshop are:

- step by step approach to developing a research idea and organizing methods to answer the research question with examples from participants research ideas.
- A pragmatic approach to managing your data.
- To facilitate a discussion around research that matters to rural practice with emphasis on health services research.

*Stefan Grzybowski (MD, MCISc), is a Professor in the Department of Family Practice at UBC and a family physician with many years of rural clinical experience. He was Director of Research in the Department of Family Practice at UBC for 10 years and currently holds a Michael Smith senior scholar award. He has an abiding focus on rural health services research and building research capacity, both of which are exercised through his current position as co-Director of the Centre for Rural Health Research. Specific research foci include the safety of small rural maternity services with and without cesarean section capacity and supporting primary care clinician investigators. Dr. Grzybowski is also the director of the Rural Health Services Research Network of BC.*

*Jonathan Berkowitz (PhD) is a consulting Statistician with Berkowitz & Associates Consulting, Inc, and has more than 20 years of experience in the field of applied statistics. For many years he assisted the Department of Family Practice at UBC with quantitative analysis. He currently serves as Clinical Associate Professor, Operations and Logistics Division at the Sauder School of Business, Robert H. Lee Graduate School, University of British Columbia. Besides teaching courses on Data Utilization and the Application of Statistics in Business and Management, Dr. Berkowitz has co-written and edited many peer-reviewed journal articles, technical papers, and study reports in relation to problem formulation, research design, data analysis and presentation, and continuing statistical education.*



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## WORKSHOPS

### “Patient Engagement – Sharing a Vision”

Thursday, November 6, 2014

1415 - 1730

Prince George Civic Centre, Room 101

**Colleen McGavin**  
Patient Voices Network



More and more, patients are being engaged in health research. A policy framework to guide researchers is being developed as part of the work of the SPOR SUPPORT Unit. What are the benefits and challenges of working in this way? At this workshop, participants who have experience working with or as patient partners will be invited to share their own experiences. Following this, the evidence to support the case for true patient engagement will be presented. By the end of the workshop, participants will have contributed to establishing a baseline of attitudes and perceptions and to moving the discussion beyond the current state.

# WORKSHOPS

**"TBD"**

**Thursday, November 6, 2014**

**1415 - 1730**

Room 201-203, Prince George Civic Centre

**Jude Kornelsen**  
Assistant Professor  
Co-Director, Centre for Rural  
Health Research



Rural, remote and Indigenous communities generally have poorer access to health services than other residents in British Columbia, as a result of a multiplicity of factors, including geography, economic factors, recruitment and retention issues, among others. Although improving access to care is an important in healthcare reforms, to date, most health system research has focused on urban-centric concerns and privileged urban-centric solutions that poorly fit rural, remote and Indigenous contexts. Across Canada, northern communities and Health Authorities serving these communities have been left to improvise based on common sense. Some communities have created approaches that may be of benefit to others.

Dr. Jude Kornelsen is a health services researcher who is currently involved in two programs of research; one focusing on providing an evidence base to inform decisions on the planning of rural maternity services, the other on advancing our understanding of women's and care provider's attitudes and experiences of patient-initiated elective cesarean section. As Co-Principal Investigator of the Rural Maternity Care New Emerging Team (RM-NET) and Co-Director of the Centre for Rural Health Research, Dr. Kornelsen has completed projects on women's experiences of rural maternity care, policy implications of health care restructuring on rural maternity services, providers' experiences of care in low-resource environments, the training and practice experience of GP Surgeons, the response of referral hospitals to the closure of smaller community maternity services and using a logic model framework to plan sustainable maternity services. She has also completed a comprehensive study on women's experiences and decision making with patient-initiated elective cesarean section.



# WORKSHOPS

**“TBD”**

**Thursday, November 6, 2014**

**1415 - 1730**

Room 204-206, Prince George Civic Centre

**Agnes Snow**

*Regional Director,  
Aboriginal Health,  
Northern Health*

**Theresa Healy**

*Regional Manager,  
Healthy Community  
Development,  
Northern Health*

Cultural Competence refers to the attitudes, knowledge, skills, behaviours and policies required to better meet the needs of all the people we serve. Cultural Competence can work to reduce disparities in health services, address inequitable access to primary health care and respectfully respond to the diversity of [Northerners] such as: race, ethnicity, language, sex, sexual orientation, gender identity, (dis)ability, spirituality, age, geography, literacy, education and income, etc. (Nova Scotia Department of Health and Wellness, 2011, p. 17). At the heart of cultural competency is self-care.

First Nations, Inuit and Metis peoples, including those residing in urban settings, comprise the highest concentration of Indigenous people in the province of British Columbia when compared to other regions. In recognition of this population and diversity, the Aboriginal Health team within Northern Health has developed a series of workshops, starting with ‘delivery’ in First Nations communities across the North. The menu of workshops was designed and developed in partnership and based on the advice of individuals from northern Aboriginal communities. These workshops are delivered where trusting relationships exist and invitations are forthcoming from the communities.

This workshop provides a ‘hands on’ experience of one of the community workshops: a self-care workshop entitled, “Paddle Your Own Canoe”. The workshop focuses on becoming self-aware and identifying strategies and actions that can inform your personal learning, as well as your professional practice. Participants will also engage in identifying and describing characteristics of excellent cultural competency practice. Specific emphasis is placed on the sustainability of the workshop strategies over time for participants themselves, as well as identifying opportunities for sharing the information and learning with others, including professional colleagues and the communities of practice they work in.

*Agnes Snow is Northern Health’s Regional Director of Aboriginal Health. She started her career in health as a licensed practical nurse in Vancouver, and then moved back to her home community of Canoe Creek where she worked as an additions counselor and then as an elected leader. Agnes originally came to Northern Health as a counselor and treatment therapist at the Nechako Treatment Centre, and then moved to Aboriginal Health as the Community Engagement Coordinator, before taking on her current role.*

*Theresa Healy is the Regional Manager for Healthy Community Development with Northern Health’s population health team and is passionate about the capacity of individuals, families and communities across northern B.C. to be partners in health and wellness. Theresa is an avid historian, writer and researcher who also holds an adjunct appointment at UNBC that allows her to pursue her other passionate love - teaching.*

# WORKSHOPS

**“TBD”**

**Thursday, November 6, 2014**

**1415 - 1730**

Room 204-206, Prince George Civic Centre

**Agnes Snow**

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**Theresa Healy**

*Regional Manager,  
Healthy Community  
Development,  
Northern Health*

Cultural Competence refers to the attitudes, knowledge, skills, behaviours and policies required to better meet the needs of all the people we serve. Cultural Competence can work to reduce disparities in health services, address inequitable access to primary health care and respectfully respond to the diversity of [Northerners] such as: race, ethnicity, language, sex, sexual orientation, gender identity, (dis)ability, spirituality, age, geography, literacy, education and income, etc. (Nova Scotia Department of Health and Wellness, 2011, p. 17). At the heart of cultural competency is self-care.

First Nations, Inuit and Metis peoples, including those residing in urban settings, comprise the highest concentration of Indigenous people in the province of British Columbia when compared to other regions. In recognition of this population and diversity, the Aboriginal Health team within Northern Health has developed a series of workshops, starting with ‘delivery’ in First Nations communities across the North. The menu of workshops was designed and developed in partnership and based on the advice of individuals from northern Aboriginal communities. These workshops are delivered where trusting relationships exist and invitations are forthcoming from the communities.

This workshop provides a ‘hands on’ experience of one of the community workshops: a self-care workshop entitled, “Paddle Your Own Canoe”. The workshop focuses on becoming self-aware and identifying strategies and actions that can inform your personal learning, as well as your professional practice. Participants will also engage in identifying and describing characteristics of excellent cultural competency practice. Specific emphasis is placed on the sustainability of the workshop strategies over time for participants themselves, as well as identifying opportunities for sharing the information and learning with others, including professional colleagues and the communities of practice they work in.

*Agnes Snow is Northern Health’s Regional Director of Aboriginal Health. She started her career in health as a licensed practical nurse in Vancouver, and then moved back to her home community of Canoe Creek where she worked as an additions counselor and then as an elected leader. Agnes originally came to Northern Health as a counselor and treatment therapist at the Nechako Treatment Centre, and then moved to Aboriginal Health as the Community Engagement Coordinator, before taking on her current role.*

*Theresa Healy is the Regional Manager for Healthy Community Development with Northern Health’s population health team and is passionate about the capacity of individuals, families and communities across northern B.C. to be partners in health and wellness. Theresa is an avid historian, writer and researcher who also holds an adjunct appointment at UNBC that allows her to pursue her other passionate love - teaching.*

# BREAKFAST TABLES

Friday, November 7, 2014

730 – 830

Prince George Civic Centre, Room 101

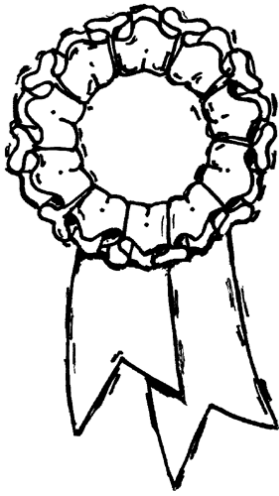
## **Purpose of Breakfast Table:**

- Allow for informal conversation regarding your program's goals in relation to knowledge, research, and collaborative action
- Provide an opportunity for focused networking between program leads and participants from across Canada with similar interests and ideas

## **Breakfast Table Hosts:**

-

## STUDENT POSTER COMPETITION



The IDC Research Days is featuring a Student Poster Competition. Students that have designated their poster for consideration in the competition will be judged by a panel based on Quality, Evidence, Illustrations, and Overall Appearance. There will be one award of \$150 as contributed by the University of Northern British Columbia, Office of Graduate Programs that will be given to the top student poster presentation. The winner will be announced Friday, November 7, 2014 in the morning.



Aerial View of  
UNBC Campus  
and Prince George

*Photo courtesy of UNBC  
Communications*

## CONCURRENT SESSIONS



**Wednesday, November 5, 2014**

<b>Time</b>				

## CONCURRENT SESSIONS

Thursday, November 6, 2014				
Time				

## CONCURRENT SESSIONS

Friday, November 7, 2014				
Time				

## POSTER PRESENTATIONS

### Prince George Civic Centre Room 102 and Foyer

1. **\*Bascu/Viger** – *Healthy Aging in Cuba: A Rural Perspective*
2. **Barg/Mann** - *Evaluation of the Critical Care Response Team at UHNBC*
3. **Brutenic Fowler** - *Near-Infrared Spectroscopy for Northern and Rural Health*
4. **\*Cammer** - *Evolution of a Community-Based Participatory Approach in a Rural and Remote Dementia Care Research Program*
5. **\*Da Silva Ferreira** - *The Social Uses of Alcohol in Saint- Éphrem-de-Beauce, QC: An Ethnography Study*
6. **\*Dallaire** - *Portrait of Trauma Care in Rural Areas*
7. **Dosanjh/Healy** - *Northern Health’s Approach to Partnering with Local Governments*
8. **\*Enright** - *Evaluation of a Reminiscence Intervention via Telehealth Videoconferencing for Caregivers of Persons with Dementia*
9. **Foucher/Schilling** - *Men’s Health – Injury Prevention Champions*
10. **\*Froehlich – Chow** - *Healthy Start: Evaluation of a Physical Activity and Healthy Eating Intervention in Rural Childcare Centres*
11. **\*Gordon** - *Place as a Determinant of Health for Rural Senior Women in Southwestern Saskatchewan*
12. **Imtiaz** - *Economic Empowerment of Women in Himalayan Mountain Villages: Impact on Mental Health*
13. **Innis/Reeds** - *Improving the Cardiac Patients' Experience in Northern BC: Quality Improvement Meets Research . . . A Match Made in Heaven*
14. **Jeffery** - *Developing a Framework to Support Rural Healthy Aging*
15. **Kandola** - *Access to PCI in a Rural-Urban Setting In Northern British Columbia: Examining the Impact of Time Delay Post- Thrombolysis on Patient Outcomes and Whether ‘The Sickest Go The Quickest’*
16. **Klassen/LeFebvre** - *Exploring the Impact of an Inpatient Diabetes Educator on Diabetic Outcomes in Hospital: A Review of Best Evidence*
17. **\*Layani** - *The Measurement of Quality Indicators of Care in Rural Emergency Departments in Quebec: An Innovative and Useful Tool to Generate Quality Care*
18. **\*Lovo Grona** - *Examining Best Practices in Clinical Rehabilitation Interventions for Patients with Low Back Disorders in Rural or Remote Settings Using E- Health Technologies: A Systematic Review*
19. **MacLeod** - *Stories of How: Processes of Transforming Primary Health Care in a Rural and Northern Health Region*
20. **\*Olaniyi** - *Needs Assessment for TB and HIV/AIDS Co-infection Control Program in Saskatchewan*
21. **\*Oluwole** - *Agricultural Exposure and Asthma Severity among Children in Saskatchewan*
22. **Osei/Strudsholm** - *What is the Story in the North about Infant Immunization?*
23. **Parsonage/ McCormack/Reiffarth/Staub** - *National Surgical Quality Improvement Program (NSQIP) and Nursing Practice*
24. **Paterson** - *Students Who Stay: Stories of Northern Medical Program Graduates and Place Integration*
25. **Russell** - *Exploring the Seasonal Dynamics of Food Security Among the Homeless of Northern British Columbia*
26. **Shah** - *Hypertension Prevalence, Awareness, Treatment, and Control, in South Asian Rural Immigrants in United Arab Emirates*
27. **Sharifian** - *Rural Dental Practice: A Scoping Review*
28. **Sokolowski** - *Nurse-Led Poster Challenge: Breastfeeding Support in a Virtual World*
29. **Sra** - *Developing a Service Process Costing Model –A Study of a Service Process at Northern Health (BC)*
30. **Swain** - *Health and Safety Issues of Nurses in Northern Remote Nunavut*
31. **Turnbull/Paterson** - *Developmental Evaluation in Northern Health: A Critical Component to System Transformation*
32. **Van der Meer** - *Examining Lifestyle Information Needs Among Rural Breast Cancer Survivors in Northern British Columbia: A Cross- Sectional Study*



## POSTER PRESENTATIONS (continued)

### Prince George Civic Centre Room 102 and Foyer

33. **Woodbeck** – *Exploring Bottlenecks in the Diagnosis and Treatment of Lung Cancer in Northern British Columbia*
34. **Wright/Bertschi** - *Methadone Maintenance Treatment Services Environmental Scan In Northern BC*
35. **\*Ye (M)** - *DDT Exposure and Lung Function in Agriculture in Canada*
36. **Zahir** - *Towards a New Index for Healthcare Facilities' Sustainability in Canada*

\*PHARE Trainee

## GUIDELINES FOR PRESENTERS

### ORAL PRESENTATIONS

1. **Time allotted** for presentations is **15 minutes**, plus **5 minutes** for discussion.
2. The **order of presentations** in the assigned session will follow the **order of the program**.
3. MS Office 2010 or MS 2013 PPT (Windows 7 or 8) **audio-visual equipment** is available for all sessions.
4. Prior to the session start time, presentations must be **uploaded** to the Laptop in the room in which you are presenting. Please **be present at your session at least 10 minutes prior to the start of the session. Please identify yourself to the Session Chair.**
5. If you encounter **any difficulties**, consult the **Session Chair** or the **Registration Desk**.
6. Presenters are responsible for ensuring your presentation is **suitably prepared**.

### POSTER PRESENTATIONS

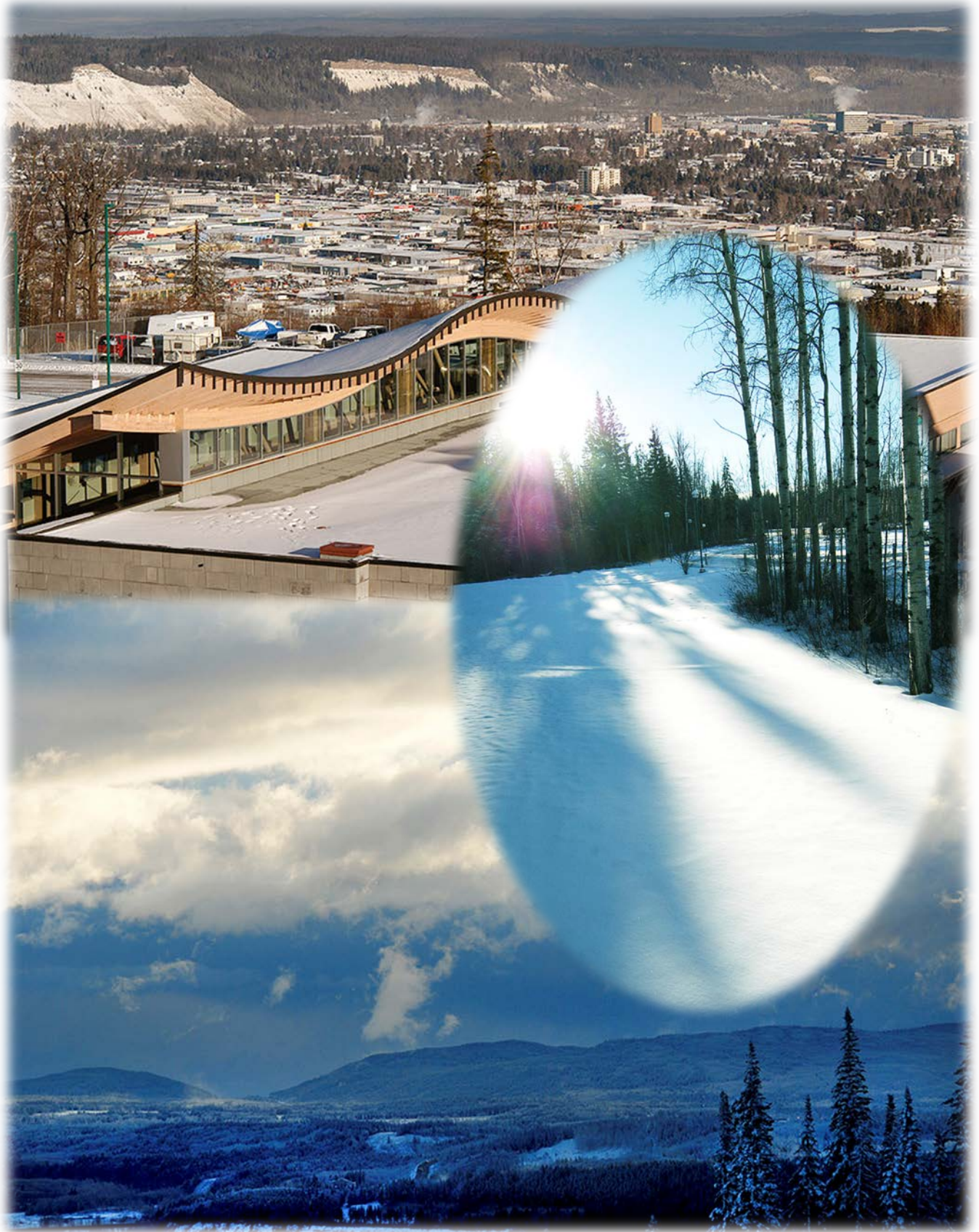
1. Posters must be set up between 1400 to 1800pm (2 to 6 pm) on Wednesday, November 13 and removed after 1215 pm on Friday, November 15, 2013.
2. Poster size is 4 ft wide by 3 ft high.
3. At least one (1) Author/Presenter must be available for sessions to discuss the project.  
**Date/Times of Viewing:**  
Main Viewing and Discussion - Thursday, November 14, 1730pm – 1845pm  
Thursday, November 14, 1000am – 1020am, 1200pm – 1300pm  
Friday, November 15, 945am – 1000am.
4. You are responsible for ensuring your poster is suitably prepared for display.
5. No audio-visual equipment is available for poster presentations.
6. The poster board takes push pins and Velcro only. Push pins will be provided for poster presentations.
7. Your poster will be assigned a poster board. Please check the boards for your poster number.

## **ABSTRACTS – ORAL PRESENTATIONS**

**Abstracts appear as submitted and have not been edited except for formatting.**

# ABSTRACTS – POSTER PRESENTATIONS

Prince George Civic Centre Room 101 and Foyer



*Photo courtesy of UNBC Communications*



## Conference Evaluation

### Conference Objectives

- Showcase Northern BC research, evaluation and quality improvement projects;
- Profile advances in how partnerships contribute to knowledge generation which can improve health;
- Support purposeful networking for established and emerging partnerships;
- Enhance attendees' research, evaluation and quality improvement knowledge and skills.

### **Please rate the conference overall on the following scale**

*(circle the appropriate response):*

Poor	Fair	Good	Very Good	Excellent
1	2	3	4	5

### General Conference

**Please circle the number that reflects your level of agreement with each statement below:**

	Strongly disagree	Disagree	Undecided	Agree	Strongly agree
Conference learning/objectives were met	1	2	3	4	5
I learned about a research/ evaluation/quality improvement project that could inform my work	1	2	3	4	5
The conference was a valuable opportunity to network, make or strengthen existing contacts	1	2	3	4	5
I developed new partnerships to support health policy, research or quality improvement	1	2	3	4	5
I have a better understanding of the resources that exist to support research in Northern BC	1	2	3	4	5
Conference provided value for time	1	2	3	4	5
Overall the conference was well organized	1	2	3	4	5

**What could have been done to improve the conference?**

## Conference Sessions

Please rate the conference sessions on the following scale (circle the appropriate response):

	Poor	Below Average	Average	Above Average	Excellent
<b>Workshop (Panels: XXXXXXXXXXXXXXXXX) (Circle the session you attended)</b>	1	2	3	4	5
<b>November 5 Concurrent Sessions (Themes: Cancer/Community Health, Organizational Initiatives, Population and Public Health) (Circle the session you attended)</b>	1	2	3	4	5
<b>November 6 Concurrent Sessions (Themes: Aboriginal Health, NH Clinical Programs, Elder Health) (Circle the session you attended)</b>	1	2	3	4	5
<b>Poster session/Reception</b>	1	2	3	4	5
<b>Breakfast Tables</b>	1	2	3	4	5
<b>Panel Session: Reflection – Dr. Ian Graham</b>	1	2	3	4	5
<b>November 16 Concurrent Sessions (Themes: Knowledge Translation, Nursing, Primary Health Care) (Circle the session you attended)</b>	1	2	3	4	5
<b>Keynote Speaker: Dr. Gina Browne</b>	1	2	3	4	5
<b>Skills Development Workshop: Preparing for Action: Critical Analysis of Published Research – Linda Axen</b>	1	2	3	4	5
<b>Skills Development Workshop: Developing your Research Team – Dr. Neil Hanlon</b>	1	2	3	4	5
Share any comments about anything you circled above:					
How many new contacts did you meet at this conference that could potentially become partners for health in the future?					
What do you plan to do differently because of having attended this event?					
What was the most valuable part of the conference for you? (List the sessions, discussions, presentations etc. that were especially beneficial to you)					
Do you have any suggestions for future conference topics:					
Do you feel there was <u>any</u> industry bias in any of the presentations?      Yes      No					

**THANK YOU FOR YOUR FEEDBACK**

Please drop off your evaluation form at the registration table.