

CONSORTIUM QUARTERLY CONNECTIONS



Vision for Canada

"Our work will help to ensure the functional recovery, health and wellbeing of Canadians living with spinal cord injury".

The Consortium's goal is to ensure Optimal and Equitable Health Care Services for all Canadian's regardless of where you live, to ensure the functional recovery, health and well-being for individuals living with Spinal Cord Injury or Disease (SCI/D)

Operational Values:

- Learn from Each Other's Experience
- Measure and Evaluate Our Performance
- Plan for Success
- Ensure Sustainability
- Stakeholder Engagement

Message from the central team:

Welcome to our first quarterly newsletter for 2022! In this newsletter, we reflect on some of our achievements in 2021 and highlight key activities from December. Specifically, we note the great work being done across Atlantic Canada and Alberta - as the newest network members have made great progress. This work has been done against the backdrop of the continued challenges for leaders, clinicians and healthcare organizations across Canada because of the rise in COVID cases due to the new omicron variant. We appreciate and are continually amazed by our frontline healthcare workers in the resilience they show in keeping up with the demands of work and providing quality care and also staying committed to our Consortium deliverables.

We are busy consolidating deliverables that demonstrate the amazing contributions of Consortium members as we approach the end of another funding cycle with the Ontario Ministry of Health and PRAXIS Spinal Cord Institute. We are hopeful of funding renewal toward the mission of equitable and optimal care. We will continue to update network members and work with all of you to bring together all of your efforts.

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SPINAL CORD INJURY NETWORK OF THE ATLANTIC PROVINCES



It's been wonderful working with the Spinal Cord Injury Network of the Atlantic Provinces (SCINAPS) and seeing the commitment to improving care of persons with SCI.

SCINAPS is focused on collaboration in SCI treatment and research across the Atlantic Provinces. The objective is to strengthen existing collaborations, identify strengths and priorities, and to form a network of key SCI stakeholders. The network hosted its first summit in 2019 (see picture above) where stakeholders from across Atlantic provinces were in attendance. Attendees included stakeholders from PEI, Newfoundland, Nova Scotia, New Brunswick and RHI. The primary focus of the summit was to identify 'Areas of Need' and 'Top Strengths' in three themes; Clinical care, Community and Research (See next page). The top priorities for the network was selected through a voting process by stakeholders. At the end of the summit, the short-term and long term goals were identified. These are displayed in the panels to the right. The summit was funded by Praxis and the Stan Cassidy Research and Development Fund.

Short term

- Determine scope and role of group.
- Create email group for stakeholders to ask questions and provide information.
- Organize quarterly videoconferences facilitated by representatives from a province.
- Form working groups on overcoming needs and solidifying strengths within themes.

Long term

- Collaborate on multi-center, inter-provincial research grant application.
- Collaborate to support other regional or provincial needs.
- Determine which outcome measures are most valuable during each phase of care (Acute, Rehab and Follow-Up) and implementing them at centres that do not currently use them.
- Apply for funding to host another in-person summit where stakeholders work on a 5-year action plan.

Since the summit in 2019, SCINAPS has continued to organize annual stakeholders retreat and have had two videoconferences to remain connected.

From the perspective of SCINAPS, the Consortium represents some initial success towards the first goal of collaboration on an inter-provincial initiative. The three sites introduced in the FALL 2021 Newsletter (PEI, NS, NB) are all working though the emotional wellbeing and sexual health domains of the Consortium with Stan Cassidy also working on the Walking domain.



Areas of need...

Clinical care

1. Develop/Implement standards of care
2. Funding (equipment, staff)
3. Psychological support
4. Outpatient care

Research

1. Funding for staff and projects
2. Collaboration
3. Best practice implementation
4. Community quality of life

Community

1. Accessibility
2. Community Access
3. Homecare
4. Peer mentorship

Areas of Strength...

Clinical care

1. Interdisciplinary care
2. Collaboration between Acute & Rehab
3. Collaboration with universities and community organizations
4. Family advocacy

Research

1. Access to patients
2. Forming Collaboration
3. Partnerships
4. Geographic concentration

Community

1. Advocacy of community organizations
2. Family networks
3. Parasport
4. Telehealth

Moving westward, the Consortium has been fortunate to work with Alberta Health Services and the Neurosciences, Rehabilitation & Vision Strategic Clinical Network and recognizes the tremendous work done in implementing and standardizing best practices in Bladder Management for people living with SCI or disease across Alberta.

The two primary rehab sites in Alberta (Foothills and Glenrose) are working with the Consortium on the UTI domain. The team has leveraged the work previously done in bladder management by the provincial network. The primary goal of this initiative was to standardize bladder management practices in order to provide equitable, optimal and evidence informed care - a mission strikingly similar to the Consortium's.

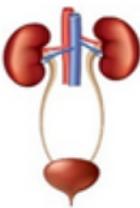
The Albertan team achieved this feat by establishing a multi-site, multidisciplinary community of practice, evaluating available evidence including existing resources and literature review and then achieved consensus to determine the most important and relevant bladder management practices to address. Following this, an implementation science framework was employed to support project implementation and to develop products and supporting documents to achieve standardization. Key activities included training and coaching front-line staff and evaluating identified process & clinical outcomes.

Through this process, the team focused on implementing the following;

- Standardized diagnosing and treating UTIs and other neurogenic bladder management practices;
- Use of an algorithm to support informed patient choice in bladder management method.
- Consistent patient and family education with a focus on self-independence.
- Use of an algorithm to support decision making for intermittent catheterization schedules.

Project Information

ABOUT THE PROJECT



Because there are many bladder management best practices for persons living with a spinal cord injury (SCI), there is a critical need to ensure that these are standardized in order to reduce variability in the care patients receive. Standardization of these practices will improve care delivery, patient outcomes, and ultimately save costs for patients and the healthcare system. In October 2017, a Spinal Cord Injury Provincial Clinical Implementation Grant was received from the Alberta Paraplegic Foundation (APF) to address this need. This project aims to standardize bladder management practices in order to provide equitable, optimal, evidence-informed care for all Albertans living with SCI.

THE PATIENT EXPERIENCE

"Effective patient education is a cornerstone of successful SCI rehabilitation. In order for a patient to accept a bladder management strategy that works for them and can be sustained in day-to-day life, it is crucial that patients and families are provided with personally relevant information, are presented with available options and are involved in making the decisions related to their own bladder care and management."



~Nicola (Patient Advisor)

A COLLABORATIVE EFFORT: The Project Team & The Evidence



EDMONTON
Glenrose Rehabilitation Hospital
Spinal Cord Injury Unit

WHO ARE WE? The SCI bladder management standards and resources developed for this project were created by a collaborative group of health care providers from acute and rehab units specializing in SCI care from Edmonton and Calgary. This group included physicians, nurse practitioners, nurse clinicians, registered nurses, clinical nurse educators, a quality improvement lead, a change management specialist, managers, and a patient advisor.

HOW WAS THIS WORK ASSEMBLED? A thorough search and review of the literature was paired with an informal environmental scan of a few peer sites across Canada (UHN/TRI, Vancouver Coastal Health) about current SCI bladder management best practices. The best available evidence was incorporated and where evidence was lacking, the project team used consensus amongst the provincial subject matter experts to create the final version of the SCI bladder management standards and resources.



CALGARY
Foothills Medical Centre
Acute & Tertiary Neuro
Rehabilitation Units

What is the Neurosciences, Rehabilitation & Vision Strategic Clinical Network?

The Neurosciences, Rehabilitation & Vision Strategic Clinical Network (NRV SCN) brings together stakeholders from healthcare, research, and policy to lead and support evidence-informed improvements and bring innovation to Alberta's healthcare. The NRV SCN engages with zone and provincial operations, patients and families, external partners, interest groups, municipalities, and community-based organizations.



LEARNING CORNER:

Smart Phones, Social Media Use and Youth Mental Health

Authors: Elia Abi-Jaoude MSc MD, Karline Treurnicht Naylor MOH MD, Anthonia Pignatiello MD

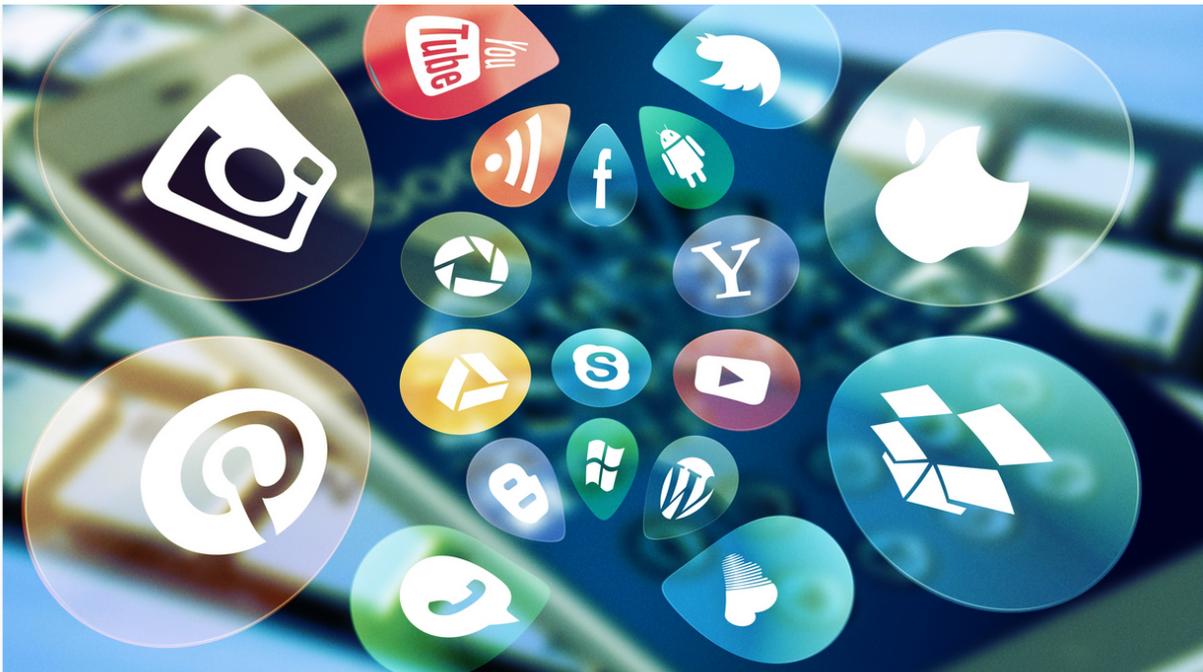
CMAJ 2020 February 10;192:E136-41. Doi: 10.1503/cmaj.190434
<https://www.cmaj.ca/content/192/6/E136>



Credits: I&I Consulting

Key Points

- Evidence from a variety of cross-sectional, longitudinal and empirical studies show that smartphone and social media use influence the increase in mental distress, self injurious behavior and suicidality among youth; there is a dose-response relationship, and the effects appear to be the greatest among girls.
- Social media can affect adolescents' self-view and interpersonal relationships through social comparisons and negative interactions. Including cyberbullying; moreover social media content often involve normalization and promotion of self-harm and suicidality among youth.
- High proportions of youth engage in heavy smartphone use and media multitasking, with resultant chronic sleep deprivation, and negative effects on cognitive control, academic performance and socioemotional functioning.



- Clinicians can work collaboratively with youth and their families, using open, nonjudgmental and developmentally appropriate approaches to reduce potential harms from social media and smartphone use, including education and practical problem-solving.
- There is a need for public awareness campaigns and social policy initiatives that promote nurturing home and school environments that foster resilience as youth navigate the challenges of adolescence in today's world.

Many of the network members attended the Consortium summit held December 3, 2021. See the graphic showing the Leaders, IES and central team members below. At this summit, the morning activities focused on the achievements across Ontario, Alberta and Atlantic Canada (see summary of achievements in next page).

In the Afternoon, the Ontario members met for a strategic planning session. The team participated in discussions to decide and implement strategies on the following activities;

1. Next domains to implement

- Working on the domains of community participation and self management over the next year.
- Exploring how we might tackle the next domains of reaching and grasping and employment in the years to come.

2. Enhancing activities of consumer engagement of persons with lived experience in partnership with Ontario SCI Alliance and other organizations.

Consortium Team - 50 and growing

<p>Steering Committee</p>										
<p>Leadership Team</p>										
<p>Implementation & Evaluation Specialists</p>										
<p>Data Team</p>										

Achievements in 2021

Transparent Deliverables

- 30 Stakeholder Consultations
 - 35 Practice Profiles
 - 22 Indicators
 - 16 Publications
 - 8 Conference Posters
 - 2 Report Cards
 - 1 Implementation Casebook
- www.sciconsortium.ca

Culture Shift

- Joy in Work
- Staff Engagement
- Organizational Pride



Better Care

- Practice Reflection
- Process Mapping
- Focus on Doing What Matters
- Identifying What Not to Do
- Audit & Feedback
- Patient Experience

Training

- Implementation Science Training
- Building Next Generation of Clinical & Health Services Leaders

Consortium Network - Representatives at the summit

✓ 10 SCI/D Rehabilitation Programs

✓ 120+ Network members

- Hospital administrators & practice leaders
- Health care providers
- Research scientists & trainees
- Policymakers
- Individuals with lived experience

✓ External stakeholders

- Rick Hansen Spinal Cord Injury Registry
- Health Standards Organization
- Accreditation Canada
- Canadian Institute for Health Information
- Spinal Cord Injury Ontario*
- Spinal Cord Injury Alberta*
- Ability New Brunswick*

New Networks

- Alberta Vision & Rehab Network
- SCI- NAPS



Ontario Neurotrauma Foundation
Fondation ontarienne de neurotraumatologie

Ontario 
MINISTRY OF HEALTH

PRAXIS
Spinal Cord Institute

 Celebrating the SCI Implementation, Evaluation & Quality Care Consortium

CONSORTIUM UPDATES



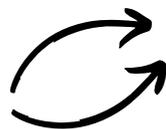
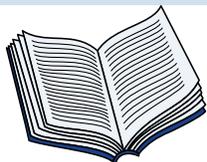
SCI IEQCC Implementation Casebook

The Consortium has launched the first edition of the Implementation Casebook!
<https://www.flipsnack.com/65B5695569B/s-ci-ieqcc-implementation-casebook-2020-2021/full-view.html>

The Casebook highlights the amazing work done by the five Ontario sites in implementing best practice indicators and related best practice interventions. The Casebook features implementation efforts in the following domain;

- Emotional Wellbeing
- Sexual Health
- Walking
- Wheeled Mobility
- Tissue Integrity
- Urinary Tract Infection

Soon to come: Contributions from our Atlantic Canada and Albertan network members!



CONSORTIUM OPERATIONS TEAM



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