

Dietitians of Canada
Primary Health Care Action Group
3rd Annual RD Research Day
Take a Bite out of Research:
Capturing our Work in Primary Care

Join us for an interactive day of research skill building!

Tuesday December 16, 2014

Macdonald Institute, University of Guelph, Guelph ON

"Great presentations, great optimism and energy for research and practice. Good audience participation and inter-activeness."

From a 2013 attendee

Aimed at all primary care dietitians, this one-day conference will inspire you with its many opportunities to learn and practice research skills. Take time to learn and share with your colleagues.

FIND THE STORIES – stakeholder engagement at every level

FOLLOW THE STORIES – how RDs are starting small and making practice based research part of their workday

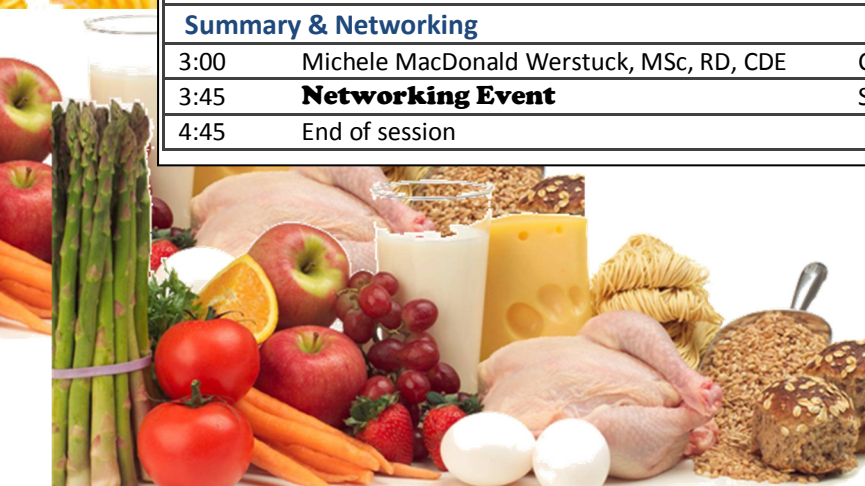
HANDS-ON EVIDENCE SEARCH SKILLS in Guelph's state of the art
COMPUTER LEARNING LAB

Information:
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3rd Annual RD Research Day Agenda

Tuesday Dec 16, 2014 Macdonald Institute, University of Guelph

8:00	Registration & Mingle	
Welcome		
8:30	Michael Nightingale, Chair	Welcome from the Department
8:40	Michele MacDonald Werstuck, MSc, RD, CDE	Opening Remarks and Introductions
Keynote Addresses		
9:00	Take me from A to KT Monika Kastner, PhD	An overview of the concept of Knowledge Translation (KT): Illustration of the "Knowledge-to-Action" framework in the context of a patient handout on metabolic syndrome
9:35	Setting the scene: Advocacy through research Maevae Clark-Tyrrell, MSc	Using the Ontario quality improvement agenda to frame your research. Perspectives from an experienced Practice Facilitator.
10:10	Break	
Morning Concurrent Workshop		
10:30	M1(same as A2) The Internet Buffet: Harvesting "Healthy" Sources and Digesting the Data Peggy A. Pritchard, MLIS Michelle Edwards, PhD, MLIS HANDS-ON DATA SEARCH SKILLS WORKSHOP IN THE COMPUTER LEARNING LAB	Join these award-winning instructors and experienced information research and data specialists, and learn new skills and strategies for finding the nutrition evidence you need to answer those tough questions. And once you find the relevant studies: proven approaches to interpreting the results. Roll up your sleeves and dig right into worldwide web during this interactive session.
	M2 Brave New World- Stories from the start Paula Brauer, PhD, RD, FDC	Research as pilot testing: starting small and building confidence—hands on opportunity to review your research ideas in a safe environment with an expert and colleagues.
12:00	LUNCH	
Afternoon Concurrent Workshop		
1:30	A1(same as M1) The Internet Buffet: Harvesting "Healthy" Sources and Digesting the Data Peggy A. Pritchard, MLIS Michelle Edwards, PhD, MLIS	HANDS-ON DATA SEARCH SKILLS WORKSHOP IN THE COMPUTER LEARNING LAB Same as morning
	A2 Listening for the silent patients' voices Anne Bergen, PhD Katie Haneke, MAN, RD	Learn about the continuum of stakeholder engagement in research and how we can work to build care on what the community tells us.
Summary & Networking		
3:00	Michele MacDonald Werstuck, MSc, RD, CDE	Closing Remarks
3:45	Networking Event Sharing projects & refreshments	
4:45	End of session	



Keynote Presenters

Monika Kastner, PhD: Take me from A to KT



Monika is a Scientist with the **Knowledge Translation Program at the Li Ka Shing Knowledge Institute** of St. Michael's Hospital, and Assistant Professor, Division of Epidemiology at the University of Toronto Dalla Lana School of Public Health. Monika's research interests and goals are to make a positive impact with development of innovative Knowledge Translation (KT) tools for providers and patients. She is using the "Knowledge-to-Action" framework of KT to develop a seniors' web-based portal (S-PORT) to improve chronic disease self-management, and an initiative funded by the Ontario Ministry of Health aimed at creating an innovative KT tool that can integrate logical clusters of two or more high-burden chronic diseases affecting seniors.

Maeve Clark-Tyrell, MSc: Setting the Scene: Advocacy Through Research



Maeve has been a **Quality Improvement Practice Facilitator with the Hamilton Family Health Team** for five years. As a Practice Facilitator, Maeve supports the design, development and coordination of quality improvement initiatives in primary care teams. She works with teams to make and sustain changes in areas including: Access /Office Efficiencies, Team Building and Chronic Disease Initiatives. Prior to working at the HFHT she lived and worked in Ireland. Maeve has a M.Sc. in Psychology and spent 5 years at the DSIDC, a national Dementia organisation doing research and training front line staff caring for people with Dementia.

Concurrent Workshops

Brave New World -- Stories from the start: Paula Brauer, PhD, RD, FDC



Paula Brauer is a dietitian and epidemiologist in Family Relations and Applied Nutrition working on obesity services in team-based primary care. She is currently focusing on a multi-centre study to manage metabolic syndrome and promote vegetable consumption. She has been active in promoting primary health care reform and is a member of the revitalized Canadian Task Force on Preventive Health Care. In addition to advising graduate students, she has

Listening for the silent patients' voices: Anne Bergen, PhD & Katie Haneke, MAN, RD



Anne is a consultant who helps people and organizations transform knowledge into action (knowledgetoaction.ca). Anne believes that a common understanding of problems and solutions can be built through engaged and participatory research. She is skilled at navigating through the messiness of collaborative projects and in mobilizing knowledge to inform policy and practice. She loves the challenge of co-creating and realizing research agendas and evaluation plans that meet the needs of diverse stakeholders. Anne's presentation is supported by the Institute for Community Engaged Scholarship at the University of Guelph.



Katie has been working as a Registered Dietitian at the Grand River Community Health Centre (GRCHC) for over three years. Katie has a true passion for community nutrition and has been involved in a number of community projects during her time at GRCHC. She truly believes in the CHC model of care and strives to ensure that she is taking a client-centered approach when developing and delivering nutrition programs and services. In addition to her work at GRCHC, Katie is also an active member of the Nutrition Resource Centre Advisory Committee and the Primary Health Care Action Group.

The Internet Buffet : Michelle Edwards, PhD, MLIS & Peggy A. Pritchard, MLIS



As the Data Librarian and Academic Director of the Research Data Centre at the University of Guelph, Michelle works with students, faculty and staff in their data ventures. She collaborates with researchers across the disciplines in their research endeavours by providing both data and statistical analysis. An internationally renowned data specialist and statistical computing instructor, Michelle's research interests include: historical agricultural census trends, statistical literacy and data visualization. She regularly presents at regional, national and international conferences.



As Learning and Curriculum Support Librarian, Peggy works collaboratively to design in-class information research instruction and online learning, helping students become skilled researchers and critical users of information. A two-time teaching award winner (Queen's; University of Guelph), Peggy's research interests include: information literacy training in higher education, mentoring, women in science. Her new book, *Success Strategies for Women in STEM: A Portable Mentor*, 2nd Ed, will be released in early 2015.

Networking Event

Make valuable connections, ask for and share professional advice, meet with colleagues in primary health care across the region informally mentored several RDs doing QI and research projects.