A MESSAGE FROM OUR LEADERSHIP

This year, as we reflect on the growth of the Institute for Better Health, we are both energized by our progress and humbled by the work ahead of us. With a strong legacy of research and innovation to build on at Trillium Health Partners, the Institute for Better Health is supporting and advancing these priorities.

We are two years into an extensive build of Trillium Health Partners’ research institute. The support and direction received from our staff, physicians, patients, community members and academic partners has been invaluable.

As we reflect on our progress, we want to recognize our outgoing president, Marilyn Knox and extend our sincerest appreciation. Marilyn has played an essential role in building the Institute for Better Health, with her outstanding ability to mentor teams, rally support and transform vision into practice. Marilyn’s work at Trillium Health Partners is a true testament to her commitment to better health.

We are proud to present our first annual community update. The stories highlighted are just a few of the many examples of exceptional research taking place at Trillium Health Partners.

Robert Reid, MD, PhD
Senior Vice-President, Science
Chief Scientist

Delilah Ofosu-Barko
Research Operations Manager

Sherman Quan
Team Lead

Robert Reid, MD, PhD
Senior Vice-President, Science
Chief Scientist

Karen Menard, PhD
Chief, Research Practice and Data Insights

Christine Plaza
Team Lead
Trillium Health Partners established the Institute for Better Health to help create a new kind of health care for a healthier community. The Institute for Better Health leads research projects that align with the hospital’s goals and supports the advancement of research work across the hospital – all with the intention of improving health and transforming care. Research is happening throughout the hospital, from primary care to medical devices and cardiology to new drug interventions. The Institute for Better Health is focused on systems-based research while building the infrastructure to better support and enable all research at Trillium Health Partners.

**ROBERT REID, MD, PhD**

Internationally recognized researcher, Dr. Robert Reid, is leading the institute and cultivating scientific expertise. Experienced in health systems research, Dr. Reid champions the learning health care system, a cycle in which scientific evidence informs clinical practice and clinical practice informs scientific investigation.

Having spoken nationally and internationally – from the Mayo Clinic, Kaiser Permanente, and Harvard University to Ottawa, London and Auckland – Dr. Reid is best known for his work at Group Health in Seattle, Washington. He was instrumental in developing and evaluating their ground-breaking patient-centred medical home that wraps care teams and scientific evidence around patients to improve quality of care, the experience of patients and yield cost savings.

**KAREN MENARD, PhD**

Dr. Karen Menard is advancing the institute’s structure and developing key data platforms. Leading the development of similar projects at Harvard University, McMaster University and the Ontario Institute for Cancer Research, Dr. Menard’s expertise is informing the creation of a research-ready dataset and enhanced support systems at Trillium Health Partners.

Dr. Menard is an experienced researcher and knows firsthand the importance of strong research support tools. Beginning her career overseeing multisite and longitudinal studies in the health care realm, Dr. Menard shifted her research focus to education with a particular interest in knowledge translation – looking at how knowledge generated by research can be shared to better inform decision-making.
A NEW KIND OF HEALTH CARE...

INSTITUTE FOR BETTER HEALTH

OUR MISSION
A new kind of health care for a healthier community using scientific expertise, innovative approaches and partnerships.

OUR VALUES
We are committed to enabling, producing and sharing meaningful research and innovation through compassion, excellence and courage:
Compassion and inclusion of patients, providers and community;
Excellence in using scientific evidence, system design and evaluation;
Courage to think differently – plan, try, fail, succeed, improve, share.

OUR RESEARCH THEMES
Quality:
Health Services Implementation & Evaluation
Examine how people, organizations and health systems work together to discover areas for improvement.

Access:
Patient & Provider Experience
Designing solutions around the needs and preferences of patients, families and providers.

Sustainability:
Models of Care Integration & Exploration
Developing new models of delivering care that result in better practice, better outcomes and better experiences.

A LEGACY OF RESEARCH
Research and innovation are integral parts of Trillium Health Partners’ history. Before merging, Credit Valley Hospital, Mississauga Hospital and Queensway Health Centre had highly-skilled staff and physicians engaging in research to improve patient care. These trailblazers demonstrated the potential for research in Mississauga, West Toronto and surrounding communities, inspiring the hospital’s vision for a research institute.

The newly-formed Trillium Health Partners identified research and innovation as key priorities in building a new kind of health care for a healthier community. As a full-service hospital spanning urgent, acute and primary care, with a widely diverse patient population, Trillium Health Partners is an ideal environment for research and innovation.

PUTTING PATIENTS FIRST
More than ever, patients have told us they want to have a voice in their care – and we are listening. We are engaging patients and their families to better understand their unique needs. Using this knowledge, our research work is designed with patients and families in mind, from coordinating care providers to delivering care outside hospital walls.

Institute for Better Health Scientist, Dr. Elizabeth Mansfield, is working with patients to improve their care journey. Dr. Mansfield’s expertise in patient, family, caregiver and provider experience links multiple perspectives into the research process – from design to evaluation – helping to understand the needs, wants and limitations of everyone in the circle of care. As a medical sociologist, Dr. Mansfield knows that in order to create complete solutions we must understand the whole story.

YOUR HEALTH IN YOUR HANDS
Combining the needs of patients and the concerns of providers, urologist Dr. Andrew Feifer, built a web-based application to support self-care and disease management of prostate cancer. In collaboration with University Health Network, NED (No Evidence of Disease) links patients and providers with one accessible technology. The application allows patients to track their symptoms and communicate directly with their providers. Symptoms are monitored and care can be tailored and delivered earlier for better outcomes. The early success of this application is encouraging and Dr. Feifer envisions tailoring this technology to treat other chronic illnesses.
TRANSFORMING CARE

Caring for the smallest and most fragile patients, Dr. Sharyn Gibbins began her career as a nurse in neonatology. Determined to improve the health and care of her patients, she pursued research in neonatal pain and nutrition and her findings transformed the way we care for preterm infants province-wide.

Dr. Gibbins is a champion for frontline staff engaging in research and was instrumental in the development of Partners in Research, an interprofessional practice-based research course tailored to Trillium Health Partners’ staff in partnership with the Institute for Better Health and McMaster University. Graduates of the program continue to pursue research to transform patient care.

Care providers gain so much knowledge from their experience caring for patients at the bedside. This knowledge needs to be shared to improve patient care on a larger scale. Research can do this.

- Sharyn Gibbins, NP, PhD

TRANSFORMING CARE TEAMS

Patients admitted to our hospital often have complex care needs and are best treated by a team of care providers, including nurses, allied health staff and physicians. It is vital that all members of the care team have secure, timely access to patient information. In partnership with Trillium Health Partners’ Information Services department, the Institute for Better Health developed Care Connector – a secure, web-based clinical application to centralize patient information for all care providers.

This pilot project is helping create a seamless patient journey, ensuring all care providers have access to the same information to provide the right care, in the right place at the right time. Principal Investigator and Institute for Better Health Clinician Scientist, Dr. Terence Tang, says early feedback from care providers has been positive and further evaluation is underway to measure impact on patient care.

The growing and changing needs of patients, combined with capacity pressures presents new challenges to the health care system, but also new opportunities. With this in mind, the Institute for Better Health is focused on discovering and implementing solutions that will produce better outcomes for our community and for the health care system as a whole.

We believe that solutions that work within our walls will also work beyond our walls. We will create, test and share solutions created for our diverse community that can be adapted to benefit any hospital or community to drive change and create a new kind of health care across the province, country and beyond.

We are committed, first and foremost, to improving health and care for those who live, work and play in Mississauga, West Toronto and surrounding communities. New evidence and knowledge generated from our research will be meaningfully translated back to our community by sharing our results in a way that is accessible to patients, providers, researchers and decision-makers.

LOOKING AHEAD TO 2016/2017:

- Welcome Research Chairs to grow expertise
- Develop tools and automate services to better support the development of world-class research
- Showcase and share advancements in research
- Build partnerships inside and outside hospital walls