

Workshops in Focus

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Summit

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Patients are a Virtue: Adding Lived Experience to Your Research Team

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The Strategy for Patient-Oriented Research (SPOR) is an initiative led by the Canadian Institutes for Health Research (CIHR). It focuses on improving outcomes for users of the health care system and aims to create a research culture oriented around achieving real-world impacts that are meaningful for patients and families. Engaging “patients as partners” on research teams ensures research is conducted “with patients” and not “for or about them”.

The purpose of this workshop is to introduce participants to the Strategy for Patient-Oriented Research in Canada, in the context of obesity research. An overview of the CIHR SPOR strategy will be presented and using examples from obesity research, patient-identified research priorities in Newfoundland and Labrador, and several interactive activities, we will explore ways that patients can meaningfully contribute to obesity research. Some immediate and measurable impacts of having “patients as partners” on our current research team have included: identification of meaningful research questions, increased validity of data collection tools, improved participant recruitment and development of innovative knowledge translation strategies.

By the end of this workshop, participants will have a better understanding of:

- The value in conducting patient-oriented research;
- The changing landscape of research in Canada as it relates to Patient-Oriented Research;
- How to develop a patient engagement plan;
- The process of engaging “patients as partners” rather than as study participants;
- The many resources available to conduct Patient-Oriented Research and
- The strengths and challenges of conducting Patient-Oriented Research.

Agenda

- Ice Breaker: What is Patient-Oriented Research? Have you ever done POR? How and why? Overview of the CIHR SPOR, including the national infrastructure (e.g., SPOR networks, Evidence Alliance), provincial infrastructure (e.g., SUPPORT Units).
- Presentation of an example of POR using a patient-identified priority area situated in obesity research (e.g., issues with wait list prioritization for bariatric surgery, non-surgical effective weight loss interventions).
- Activity: Participants apply POR tools (e.g., the spectrum of patient engagement) to their own research studies to outline how they can improve current research projects and engage patients as partners moving forward.
- Overview of the National Ethics Guidelines for POR, and other common POR challenges.
- Activity: Participants work through challenging patient engagement scenarios reflecting on how they would overcome these challenges in the context of their own research.
- Overview of POR in practice with examples of obesity research from both the researcher/clinician and patient perspectives.