

More than a shopping list

*Findings and impact of a knowledge synthesis
on chronic disease management and prevention*

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Consider the Continuum...



- Chronic Disease Management
 - Chronic Care Model (Wagner)
- Chronic Disease Prevention & Health Promotion
 - Expanded Chronic Care Model (Barr et al.)



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The Challenge

- Which changes? In which order?
 - Risky to implement too much at once
 - Use evidence to set priorities
- WRHA Chronic Disease Framework
- Requested knowledge synthesis from ‘embedded’ Research & Evaluation Unit



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Process

- Collaboration with Primary Care and Population & Public Health
- Search for
 - systematic reviews (> 50)
 - other reviews/syntheses, primary studies
- *Lifting the Burden of Chronic Disease* (directional document)



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Chronic Disease Management

Most Impact	Potential Impact	Less Impact
<p>Delivery System Redesign</p> <ul style="list-style-type: none"> • advanced access • multidisciplinary teams • non-physician providers <p>Self-Management Support</p> <ul style="list-style-type: none"> • well-designed, targeted • integrated into pri. care <p>Community Partnerships</p> <ul style="list-style-type: none"> • linkages between health & social services 	<p>Delivery System Redesign</p> <ul style="list-style-type: none"> • case management <p>Self-Management Support</p> <ul style="list-style-type: none"> • lay-led programs <p>Community Partnerships</p> <ul style="list-style-type: none"> • links to specific programs 	<p>Decision Support</p> <p>Clinical Info. Systems</p> <ul style="list-style-type: none"> • in the absence of delivery system redesign

How?

- Choose interventions w/ best evidence
- Evidence-informed implementation
- Consider impact on underserved groups



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Prevention & Health Promotion

Most Impact	Potential Impact	Less Impact
<p>Target Environments</p> <ul style="list-style-type: none"> • policies that make healthy choices easier • restrict unhealthy products <p>Target the Public</p> <ul style="list-style-type: none"> • community development (residents set priorities) <p>Target Broader Determinants of Health</p> <ul style="list-style-type: none"> • healthy economic, social & environmental policy 	<p>Target Environments</p> <ul style="list-style-type: none"> • tangible changes in schools, workplaces <p>Target the Public</p> <ul style="list-style-type: none"> • well-designed social marketing <p>Target Individuals</p> <ul style="list-style-type: none"> • individual counseling • group programs 	<p>Target Environments</p> <ul style="list-style-type: none"> • workplace promotional events, contests, etc. • school-based with little environmental change <p>Target the Public</p> <ul style="list-style-type: none"> • mass media appeals • professionally-initiated campaigns to promote healthy lifestyle

How?

- Evidence-informed health promotion
- Model best practices
- Intersectoral collaboration
- Advocacy



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Suggested Priorities

1. Delivery System Redesign

- advanced access
- role redesign & multidisciplinary teams

2. Self-Management Support

- ensure programs reflect best evidence

3. Intersectoral Collaboration

- to address non-health needs, policy



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Impacts

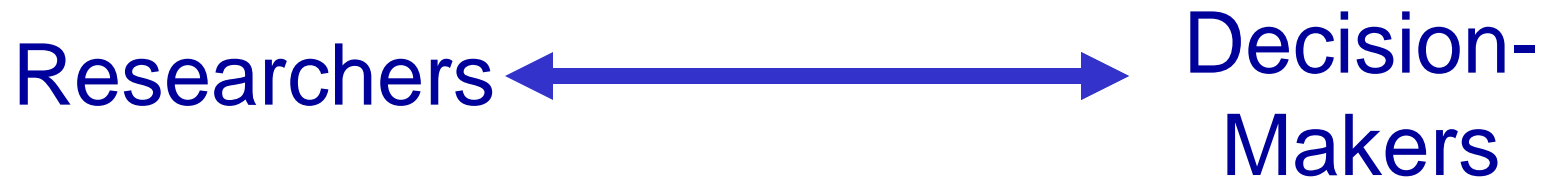
- Positive Senior Management reception
- Credited with helping to re-orient region's approach
- Regional, provincial requests to present
- Dissemination beyond Manitoba
 - prior to journal article



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Knowledge Translation



- “Integrated” knowledge translation
 - Decision-makers involved from the outset
 - Rs and DMs contribute different knowledge
- Impact of decision-maker involvement?



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Decision-Maker Partners

- Identification of high-priority issue
- Understanding of local context
- Inclusion of all important topics
- Identification of controversial areas
 - findings must be objective & well-explained
- Advice on style & presentation



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Decision-Maker Audience

- Focus on making sense of a broad area
 - organization, clarity and “through-line”
- Summaries (key points, boxes, etc.)
 - but no length limits on full report
- Appropriate tone, local examples
- Emphasis on implications for action



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