



Source : <http://www.msktc.org/>

## KT Workshop #2 Research Center

### Examples of KT Activities

### Participatory Research and Infographics

May 7th, 2014

# Participatory Research - Definition

- “Systematic enquiry, with the collaboration of those affected by the issue being studied, for the purpose of education and taking action or effecting social change.”

The Royal Society of Canada - Study of Participatory Research in Health Promotion 1995 Green LW. George MA, Daniel M, Frankish CJ, Herbert CP, Bowie WR, O'Neill M. Definition also used by PRAM, CDC and Institute of Medicine

- Research with those affected, not ‘on’ or ‘about’ those affected

# Participatory Research – Minimal requirements

Researchers and knowledge users

- 1) make joint decisions to shape the research questions;
- 2) interpret the study findings;
- 3) craft messaging around the results and move the research results into practice.

Optional: deciding on the research methodology, tools development and data collection



Source: IUSMD

# Participatory Research - Principles

- Participatory and cooperative
- All partners are experts and equally valuable
- Power differentials among partners are acknowledged and addressed (funding, political, gender, age, cultural)
- Partners discuss potential harm as well as potential benefits of research

# Participatory Research - Principles

Equity



Respect

Transparency



Trust

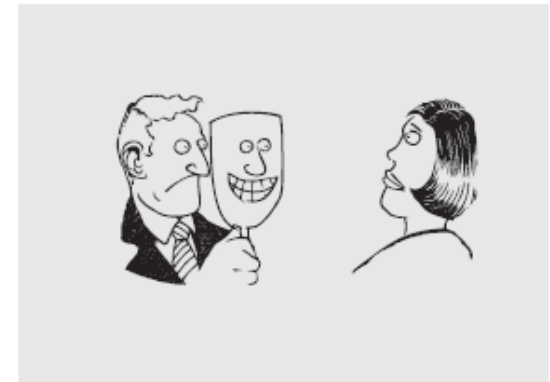
Mutual benefit



Sustainability



Power Imbalance



Hidden Agendas



Winning at any cost

# Participatory Research – Research Agreement

- Define each partner's role and contribution
- Set rights and responsibilities of each partner group
- Choose a management structure
- Plan an ongoing evaluation of the partnership as well as the research project

# Participatory Research - Conclusion

## Golden rule #1 – Build on shared values

successful partnerships are values-driven

## Golden rule #2 – Be creative

every partnership is unique

## Golden rule #3 – Be courageous

all partnerships involve risk



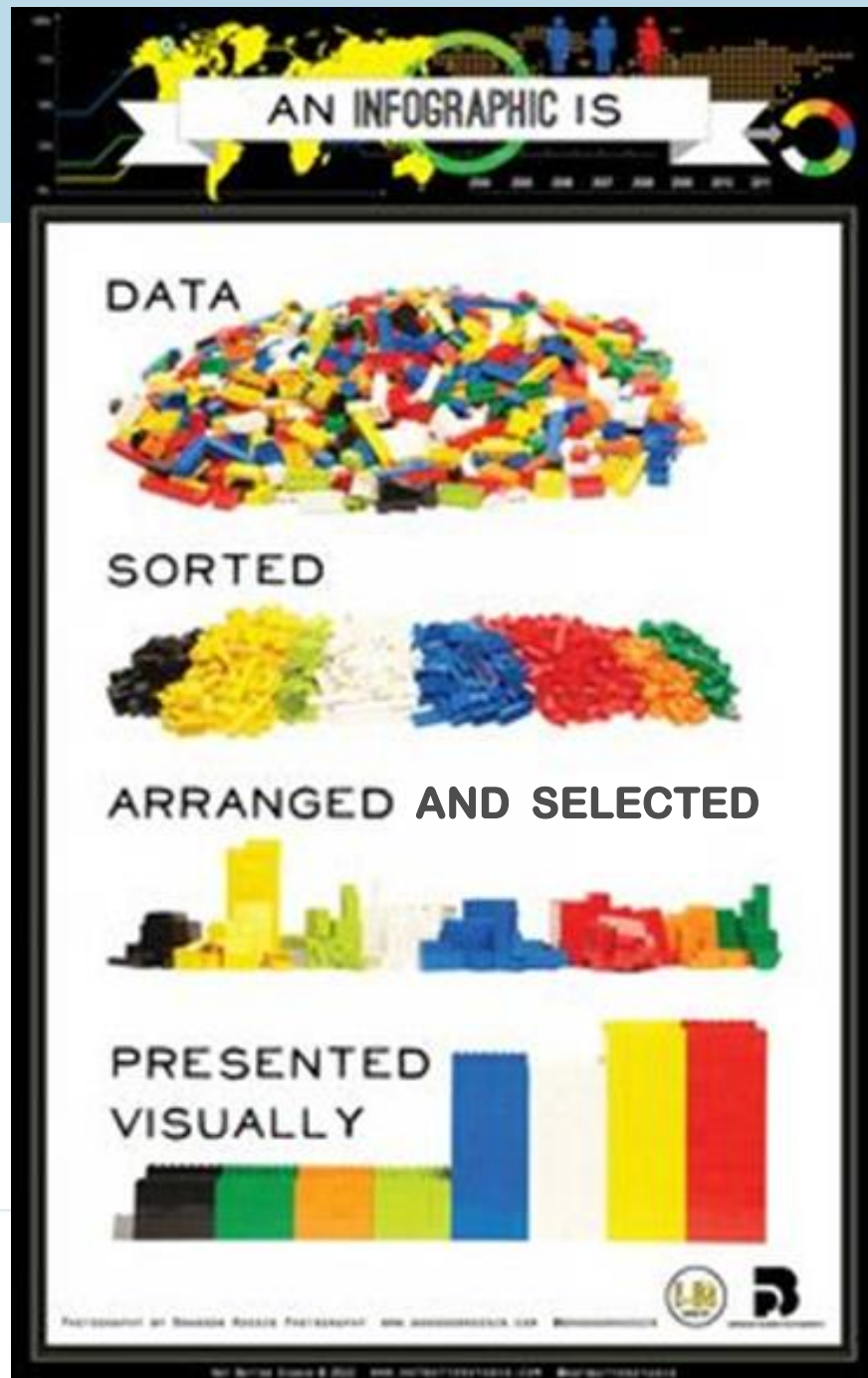
Source: IUSMD

# Infographics

- Push information
- Help cognition
- Reach new audiences

Social media

- Can influence



# A VETERAN'S WORST WOUNDS MAY BE THE ONES YOU CAN'T SEE.



More military deaths by suicide than in combat in

2012



Military suicides are at their highest rate in

10 years



8% to 20%

of military personnel deployed in Iraq and Afghanistan experienced a traumatic brain injury



20%

of national suicides are completed by veterans

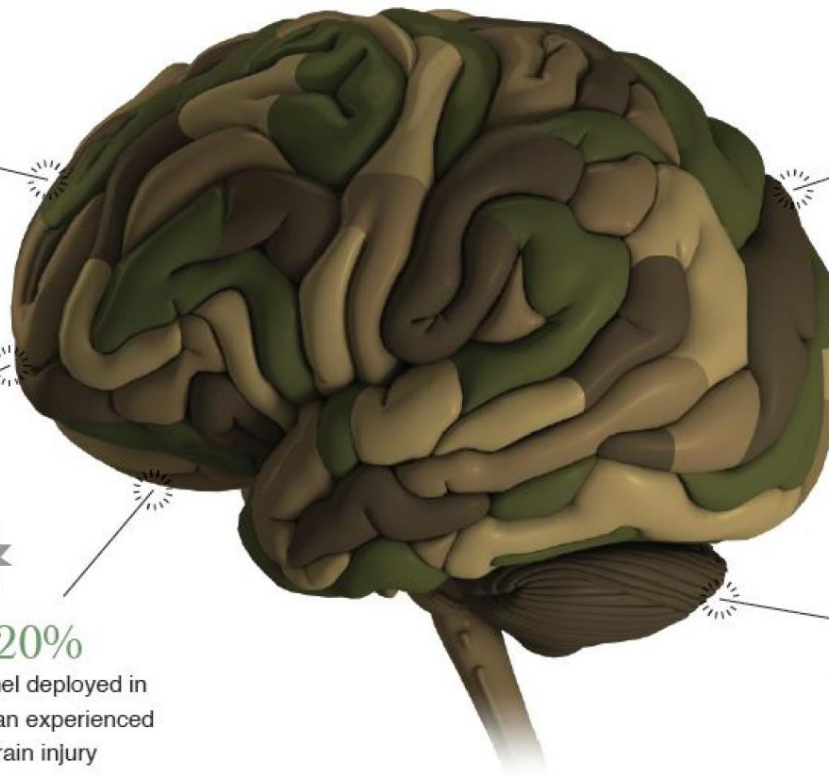


300,000

veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD



Traumatic brain injuries can increase suicidal thoughts and behavior



Recognizing mental illness is the first step toward recovery. Show returning soldiers that seeking help is a sign of strength. Learn more at [psychiatry.org/mentalhealth](http://psychiatry.org/mentalhealth)



# Falling through the cracks

At least one in ten women will suffer from a perinatal mental illness. Mothers who experience perinatal mental illness need high quality, expert care. But the evidence shows that they do not get the care and support they need.

## 700,000

women in England give birth each year

There is a shortage of

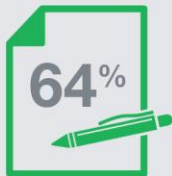
## 5,000

midwives in England



## 73%

of maternity services do not have a specialist mental health midwife



of PCTs did not have a perinatal mental health strategy



of mental health trusts do not have a perinatal mental health service with a specialist psychiatrist

## 29%

of midwives said they had received no content on mental health in their pre-registration training

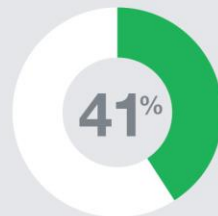


42% of GPs said they lacked knowledge about specialist services for people with severe mental illnesses

Nearly all women see a midwife during pregnancy but...



say they saw a different midwife at every appointment



say their health visitor or midwife never asked about depression

“ There is NO specialist training on perinatal mental health for Improving Access to Psychological Therapies providers ”

There is a shortage of

## 50

beds in Mother and Baby Units

\*This infographic summarises key statistics about gaps in services in England. In some cases these figures are estimates, using the best information available. More detail on these statistics can be found in the 'Prevention in Mind' document.

source :  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

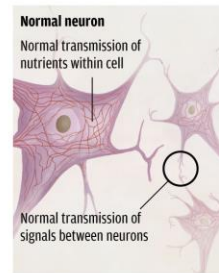
# Degenerative brain disease

Proteins that exist in normal amounts in healthy brains build to abnormally high levels in patients with Alzheimer's disease, resulting in the death of neurons, the brain's nerve cells.

## Inside the brain tissue

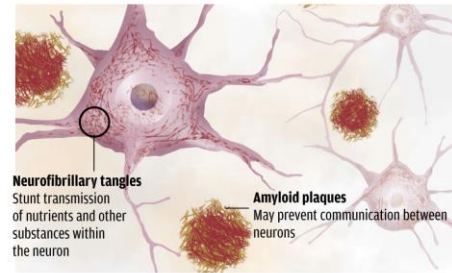
### Healthy brain

The body can dissolve protein fragments called amyloid peptide that develop between neurons



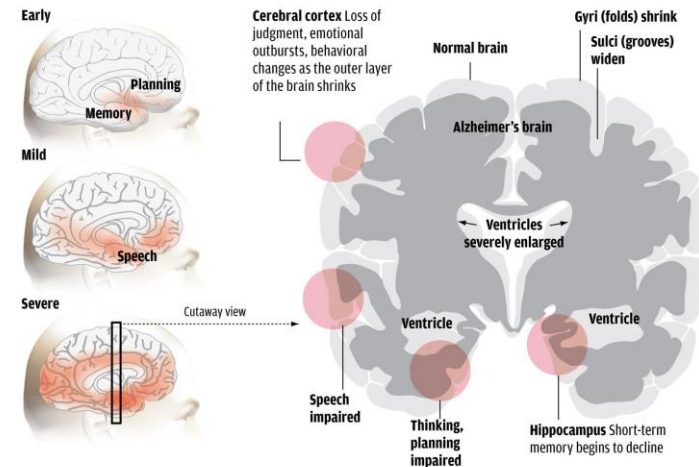
### Brain with Alzheimer's disease

Amyloid peptide build and form hard, insoluble plaques between neurons; a protein called tau within the neurons becomes abnormal, creating twisted fibers called tangles



## Disease progression and final stages

The spread of tangles and plaques through the Alzheimer's brain advances in a predictable pattern (below left); as the disease progresses and kills more brain nerves, shrinkage of the brain is obvious; neurological functions affected by areas of brain loss:



## Alzheimer's becoming more common

As the segment of the U.S. population over 65 grows, so does the number of Alzheimer's disease cases, with an estimated 13.2 million U.S. citizens expected to be affected by the disease by 2050.

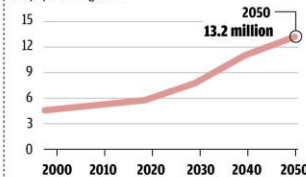
### Alzheimer's death rates

Per 100,000 people, in the U.S.

Age	2000	2004	2007
45-54	0.2	0.2	0.2
55-64	2.0	1.9	2.2
65-74	18.7	19.7	20.6
75-84	139.6	168.7	176.7
85 and over	667.7	818.8	849.1
Total	17.6	22.5	24.7

### Projected cases

U.S. population 65 and over with Alzheimer's, in millions, based on Census Bureau estimates of population growth



Source: American Health Assistance Foundation, Alzheimer's Association

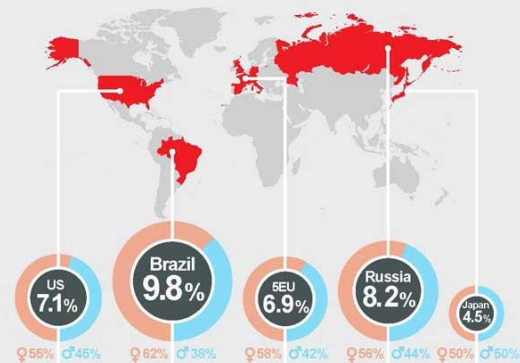
McClatchy Newspapers

source :  
American Health  
Assistance  
Foundation,  
Alzheimer's  
Association

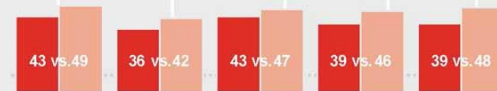
Depression affects 350 million people worldwide, according to the World Health Organization.<sup>1</sup> Major depressive disorder (MDD)<sup>2</sup> has been cited as one of the leading causes of disabilities worldwide. It is a serious medical condition that decreases a person's ability to function, leads to other medical problems and increases a person's use of healthcare resources.

## Who suffers from depression?

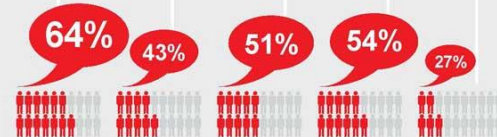
Brazil has the highest prevalence of adults who screen positive for MDD.<sup>3</sup> Except in Japan, MDD sufferers are disproportionately female.



### MDD sufferers are significantly younger than those without depression.



### In Japan only 27% of those who screen positive for MDD self-reported that they have depression.

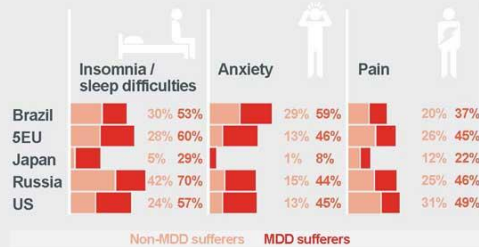


Effective and affordable treatments for depression are available. Awareness and education are key to solving the global crisis. Educate patients on the symptoms and offer support to those who are suffering from depression.

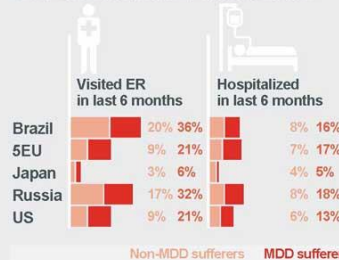
<sup>1</sup>World Health Organization <http://bit.ly/dtFWvha>. <sup>2</sup>Data were taken from the 2011 National Health and Wellness Survey, a cross-sectional Internet-based survey representative of the adult population. Patients were classified as having MDD using the Patient Health Questionnaire (PHQ-9) and did not self-report bipolar disorder or screen positive on the Mood Disorder Questionnaire, which identifies patients who potentially have bipolar disorder. <sup>3</sup>Kantar Health, National Health and Wellness Survey, 2011 (Brazil, 5EU, Japan, Russia, US). <sup>4</sup>Health-related quality of life was assessed with the SF-12 Health Survey. Ware J, Kosinski M, Dewey J, Gandek B: How to Score and Interpret Single-Item Health Status Measures: A Manual for Users of the SF-8TM Health Survey. Lincoln, RI, QualityMetric Incorporated, 2001.

Depressed patients can have more medical problems, a higher economic burden due to increased healthcare resource use, and lower mental quality of life.

### MDD sufferers self-report that they have comorbidities like insomnia, anxiety and pain more often than those without MDD.



### MDD sufferers have higher use of healthcare resources.



### MDD sufferers have lower mental quality of life compared with the general population.<sup>4</sup>



Contrast  
Less detail



## What is ADHD

ADHD is one of the most common neurodevelopmental disorders. Recent data indicates that up to 8-10% of school age children meet the necessary criteria for a diagnosis of ADHD (Academy of Pediatrics, 2001).

### Types of ADHD



#### 1 Inattentive

Child exhibits significant inattention across multiple domains with no significant hyperactivity or impulsivity. This is what used to be considered ADD.



#### 2 Hyperactivity

Child exhibits adequate attentional control; however, presents with significant deficits with activity level and/or impulse control.



#### 3 Combined

The most common form of ADHD in which the child struggles with paying attention as well as regulating behavior.

### Population that has ADHD

ADHD is more common in males than in females. According to community and pediatrician surveys, the rate between males and females is 2:1.



- ✓ Often makes mistakes in schoolwork.
- ✓ Often has trouble keeping attention on tasks or play activities.
- ✓ Often does not seem to listen when spoken to directly.
- ✓ Often does not follow through on instructions and fails to finish schoolwork.
- ✓ Often has trouble organizing activities.
- ✓ Often avoids, dislikes, or doesn't want to do things that take a lot of mental effort for a long period of time.
- ✓ Often loses things needed for tasks and activities (e.g. toys, school assignments, pencils, books, or tools).
- ✓ Is often easily distracted.
- ✓ Is often forgetful in daily activities.

#### Inattention



- ✓ Fidgets with hands or feet in seat when sitting still is expected.
- ✓ Often gets up from seat when remaining in seat is expected.
- ✓ Often excessively runs about or climbs when and where it is not appropriate (adolescents or adults may feel very restless).
- ✓ Often has trouble playing or doing leisure activities quietly.
- ✓ Is often "on the go" or often acts as if "driven by a motor".
- ✓ Often talks excessively.

#### Hyperactivity

- ✓ Often blurts out answers before questions have been finished.
- ✓ Often has trouble waiting one's turn.
- ✓ Often interrupts or intrudes on others.



### How symptoms affect a child at



#### Home

- ✓ Difficulty following morning routines.
- ✓ Increase in frequency of arguments with parents/siblings.
- ✓ Difficulty completing homework and daily chores.
- ✓ Messy/disorganized room.



#### School

- ✓ Difficulty remaining seated in class.
- ✓ Difficulty completing work in a timely fashion.
- ✓ Difficulty organizing materials.



#### Social

- ✓ Difficulty regulating behavior on the playground.
- ✓ Trouble interacting with peers.
- ✓ Difficulty waiting turns during games.

### Treatment



#### Pharmacological

- ✓ Research indicates that pharmacological treatment is the treatment of choice for ADHD.
- ✓ Focus is on improving attention and behavioral regulation.



#### Behavioral Therapy

- ✓ Focus is on teaching the child.
- ✓ Behavioral regulation strategies to improve the frequency and duration of positive, on-task behaviors.
- ✓ Establish a reinforcement schedule.
- ✓ Modify the environment to focus on the child's strengths and areas of concern.



#### Parent/Teacher

- ✓ Work with parents to establish realistic expectations regarding behavioral management and task completion.
- ✓ Help identify the child struggles with attentional regulation and executive functioning in clinical terms.

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#### Hyperactivity

#### Impulsivity

- ✓ Often blurts out answers before questions have been finished.
- ✓ Often has trouble waiting one's turn.
- ✓ Often interrupts or intrudes on others.



Less text / simpler text

source : [www.NSPT4kids.com](http://www.NSPT4kids.com)



For more on ADHD including videos, checklists, webinars and answers to your questions visit:

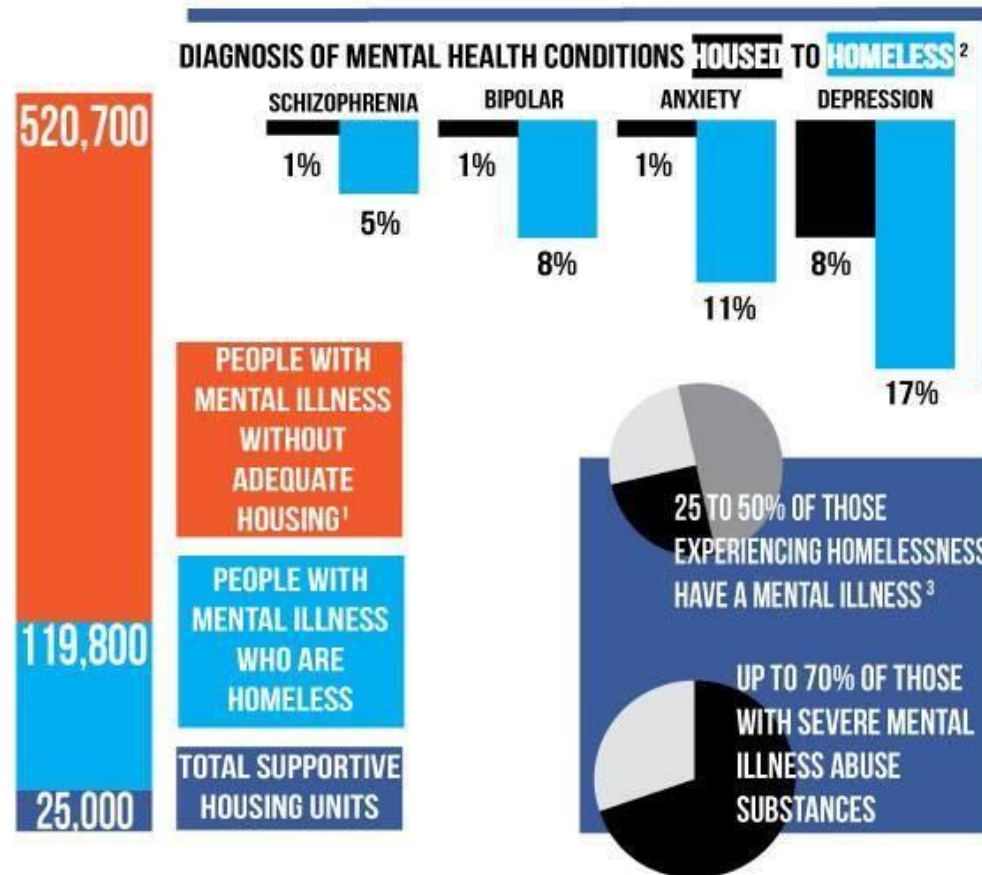
[www.ADHDIInfographic.com](http://www.ADHDIInfographic.com)

Provided by North Shore Pediatric Therapy [www.NSPT4kids.com](http://www.NSPT4kids.com) (877) 486-4140

# HOMELESSNESS AND MENTAL HEALTH IN CANADA.



Unintuitive



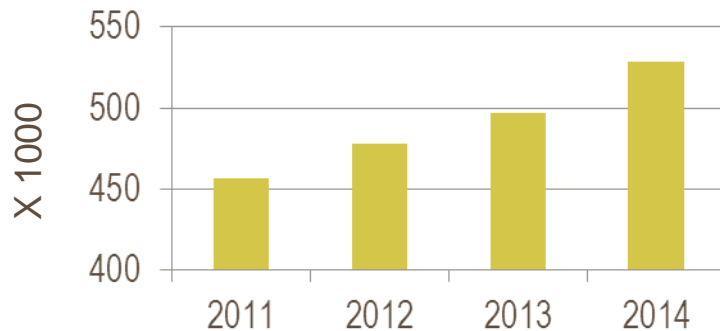
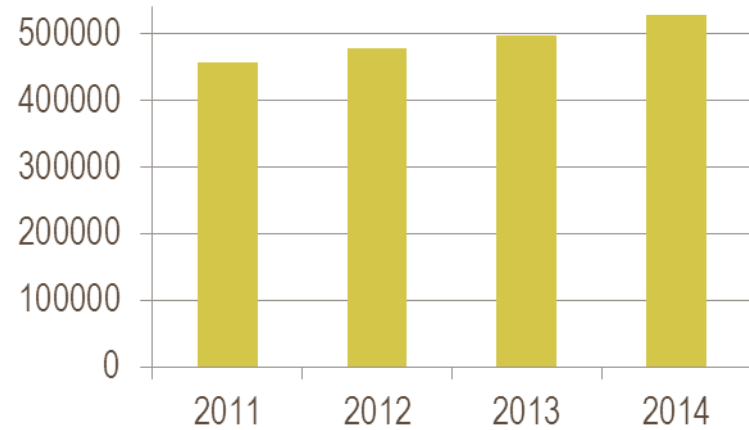
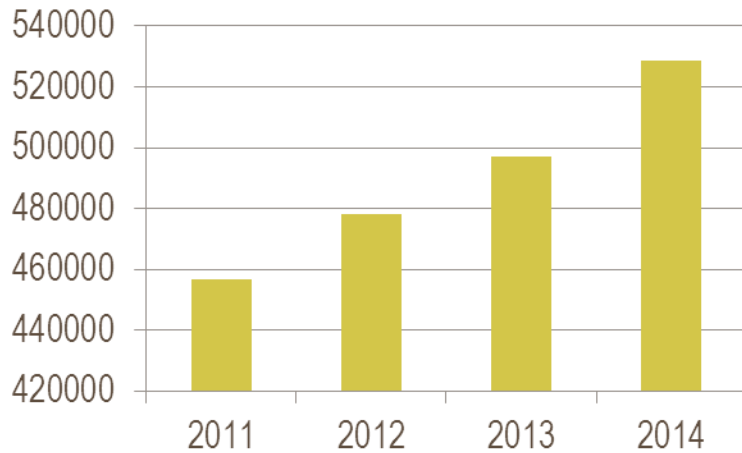
source : the homeless hub



## SOURCES

1. MHCC (2011). TURNING THE KEY: ASSESSING HOUSING AND RELATED SUPPORTS FOR PERSONS LIVING WITH MENTAL HEALTH PROBLEMS AND ILLNESSES.
2. KHANDOR, E. & MASON K. (2007). THE STREET HEALTH REPORT 2007.
3. MHCC (2008). MENTAL HEALTH COMMISSION OF CANADA ANNUAL REPORT 2008-2009: OUT OF THE SHADOWS FOREVER.

# Infographics – Y axis



# Infographics - Conclusion

- Less is more
- Keep text (and jargon) to a minimum
- Use the right graph for you purpose
- Maximise contrast
- Keep it simple and intuitive

# Infographics – A few resources



- Images (+ Bivouac, free at the communications directorate)

Little Visuals

Photo

The Pattern Library

Unsplash

New Old Stock

Gratisography

Death to the Stock

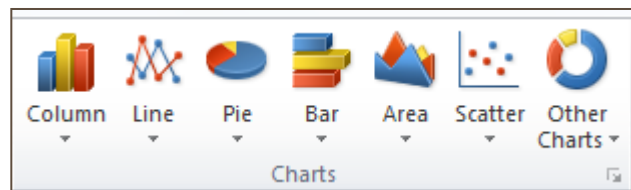
Picjumbo

Getrefe Graphics

- Graphics

- Excel

- <http://infogr.am/>



**See you soon!**

Visit <http://wiki.douglas.qc.ca/KT>

Knowledge Transfer Office: Perry 3313

Geneviève Morin, ext 3438

# Resources

- A Guide to Researcher and Knowledge-User Collaboration in Health Research, David Parry, BA (Hons.), Jon Salsberg, MA, Ann C. Macaulay, CM MD FCPC (<http://www.cihr-irsc.gc.ca/e/44954.html>)
- The Partnering Toolbook, 4th Edition, Ros Tennyson, <http://thepartneringinitiative.org/w/resources/toolbook-series/the-partnering-toolbook/>
- The value and challenges of participatory research: strengthening its practice. Cargo and Mercer, [Annu Rev Public Health](#). 2008;29:325-50.
- Uncovering the benefits of participatory research: implications of a realist review for health research and practice., Jagosh et al., [Milbank Q](#). 2012 Jun;90(2):311-46.