Five years ago, Trillium Health Partners (THP) set out a vision to create a new kind of health care for a healthier community. With this in mind, the Institute for Better Health (IBH) was established. As a research institute built right into the workings of the hospital, the IBH is focused on improving health systems by developing innovative solutions that improve the care journey for patients, their families and the providers that care for them. The IBH also supports the advancement of diverse research across the hospital – all with the intention of improving health and transforming care.

In the three years since its inception, the IBH has built a strong foundation from which we will shape the future of health research and innovation in our community. From welcoming our first scientists and launching our first projects, to receiving our first grants and awards, we are rapidly building our programs, capacities and expertise. As I reflect on these milestones, I am encouraged by our progress as a young research institute and inspired by where we are going.

Over the past year, research activity has increased by 65% across THP, with research expanding to new areas of the hospital. We are working better together across all three sites and working with nearly 70 external collaborators.

The momentum we feel today would not be possible without the incredible support of staff, physicians, nurses, allied health professionals, learners, volunteers, donors and our board of directors. Thank you, together we will continue to pursue our vision.

I am proud to share our Annual Community Report with you. The milestones and research highlighted in this report are just a few of the many examples of exceptional people and work from across our organization.

Robert Reid, MD PhD
Chief Scientist, Institute for Better Health
Senior Vice-President, Science, Trillium Health Partners
Our Year in Review

Building Research Infrastructure and Growing our Expertise

- Completed the scoping and design for an innovative data platform that will enhance research and enable pivotal insights into how to improve the health of our community.
- Expanded the skillset at the institute by adding new scientists and research associates with diverse specialties, including our first Research Chair.
- Strengthened our partnerships with the Mississauga Halton Local Health Integration Network, Region of Peel, University of Toronto and other research hospitals.

Advancing Research Across THP

- Engaged researchers across the organization to inform the creation of new tools and services, including the centralized research associate service that provides researchers with access to highly-skilled research associates to carry out essential activities and move work forward.
- Improved turnaround times for research agreement reviews by more than 15% to ensure research is initiated, conducted and completed faster, increasing research activity by 65% across the organization.
- Showcased advancements in research by hosting renowned scientists to learn about their latest work in a range of topics from storytelling in health care to revolutionary mobile applications.

Celebrating our Achievements

- Dr. Ian Zenlea, Clinician Scientist and Paediatric Endocrinologist received a competitive Canadian Institutes of Health Research (CIHR) Embedded Clinician Researcher Salary Award to build a research program in childhood obesity over the next four years.
- Dr. Seema Marwaha, Clinician Scientist and General Internist was one of five recipients of the Associated Medical Services Phoenix Fellowship to enable compassionate care through storytelling.
- Dr. Terence Tang, Clinician Scientist and General Internist was awarded the Physicians’ Services Incorporated Foundation Grant to evaluate the impact of interprofessional communication platforms on patient outcomes and team functioning.

We are Just Getting Started

Looking Ahead to 2017/18

- Build a secure and agile data platform to advance analytic capabilities and facilitate data discovery to optimize programs, interventions and solutions.
- Launch patient engagement framework that includes patients in the end-to-end research process.
- Continue with the extensive infrastructure build to better support research and researchers across the organization.
- Expand scientific expertise and recruit Research Chairs that align with our research themes of quality, access and sustainability.
There is a strong and important relationship between research and innovation. In order to understand the impact of an innovation, research is needed to evaluate and give evidence of whether or not something truly works and has a meaningful impact on patient care.

Chief Scientist, Dr. Robert Reid and Chief Innovation Officer, Patti Cochrane are working to develop and evaluate innovations at THP. They are partnering research with innovation to create the best solutions for patients, providers, our community and the health care system as a whole.

Together with the University of Toronto, the Centre for Addiction and Mental Health and the Hospital for Sick Children, as part of the Medical Psychiatry Alliance (MPA), THP is taking an innovative approach to integrating mental and physical health care.

As part of this alliance, THP has launched three new clinical programs. The IBH is currently evaluating the impact of these initiatives. Using both qualitative and quantitative methods, researchers are reviewing these programs to better understand the benefits of integrated care models.

“At Trillium, research and innovation means discovering new ways of doing things – both big and small – to continuously deliver the highest quality care and exceptional experience for our patients.”

Patti Cochrane, RN
Chief Innovation Officer and Senior Vice-President, Clinical Strategy
“Two out of five Canadians are expected to develop cancer during their lifetime. As THP’s first Research Chair, Dr. Joan Murphy is dedicated to building a platform to advance leading cancer research. Thanks to a generous contribution from the Lockwood Foundation, the Dr. Michael E. King Chair in Surgical Oncology was established to shape the future of cancer research in our community.

“We are establishing a culture of research, where asking questions and investigating answers is a part of what we do. By empowering frontline care providers to use research as a tool to answer their questions, we create solutions that have the potential to transform care not only in our community but in communities across the province and country.”

Joan Murphy, MD
Dr. Michael E. King Surgical Oncology Chair
Program Chief and Medical Director, Women’s and Children’s Health

Investing in the Future of Cancer Research in our Community

A gynaecologic oncologist, Dr. Murphy’s work has changed the way we screen and treat cervical and ovarian cancer across the province. Dr. Murphy is applying her considerable expertise to build the infrastructure to enable, produce and share meaningful research in oncology. In collaboration with the IBH, Dr. Murphy is developing a research strategy that integrates research into day-to-day practice to deliver a new kind of health care.
Care Connector harnesses the power of team-based care in the complex hospital environment.

Terence Tang, MD
Clinician Scientist and General Internist

Transforming Care Teams

As the professionals entrusted with providing care to our community, we are continuously seeking new ways to improve and deliver safe, high quality care. Patients admitted to hospital often have complex care needs and are best treated by a team of care providers, including nurses, allied health professionals and physicians.

Launched as the IBH’s first research project, Care Connector is a clinical communication platform that centralizes patient information to provide the entire care team with secure, timely access to vital patient information.

This year, Principle Investigator, Dr. Terence Tang, led the evaluation of Care Connector to better understand the impact this communication tool has on teamwork, workflow and patient outcomes. Early findings are informing future improvements to both Care Connector and teamwork practices.
Manny Lucez is the first recipient of the Maria Racioppo Scholarship for Integrative Care. Funded by the THP Foundation, the scholarship provides dedicated research and innovation time within the IBH to a THP staff member whose day-to-day role contributes to the experience, care and safety of patients. As a Cardiac Care Intensive Care Unit Attendant, Manny joined the Care Connector research team supporting data collection, unit observations, testing and development, while bringing a unique skill set to the project.

“When I saw the scholarship posted, I thought ‘this is the first time an opportunity like this has been available to me.’ Having worked in multiple departments across the hospital over the past 10 years, I knew I had a lot of knowledge to contribute. But even I surprised myself with what I could do. Not only have I learned new research skills, but working at the institute has shown me the power research has to improve our health care system.”

Emanuel (Manny) Lucez
Cardiac Care Intensive Care Unit Attendant
Recipient of the Maria Racioppo Scholarship for Integrative Care
International studies show that engaging patients in research leads to better results. The IBH recognizes patients as experts based on their unique experiences. Noel Skinner was the first patient to participate in the IBH’s Research Rounds, an open lecture series where researchers present their work to a multidisciplinary audience with lively discussions. Noel raised the importance of including patient advisors in the end-to-end research process, ensuring that the patient voice is heard throughout all research activity.

“In 2013 I underwent treatment for prostate cancer at Trillium. A good friend and fellow cancer patient encouraged me to join the hospital’s Patient and Family Advisory Council. Four years later, I am a cancer survivor and still an active member of the council. The council gives former and current patients, families and caregivers a voice. We each have a story to tell, and collectively we can help make the patient journey the best it can be.”

Noel Skinner
Patient and Family Advisory Council Member
Inspiring the Next Generation of Ideas

The IBH has cultivated a unique multidisciplinary group of scientists to guide and produce meaningful research focused on creating an interconnected system of care for patients and providers. We are proud to introduce our first scientists and affiliates and look forward to expanding our scientific expertise.

Morgan Lim, PhD is adapting methods from market segmentation and data analysis to develop new services, strategies and interventions designed around the needs of the patient.

Elizabeth Mansfield, PhD is bringing a sociological lens to the experiences and perspectives of patients, their families and health care providers navigating formal and informal systems of care.

Seema Marwaha, MD is uncovering novel ways to educate the public on health and to empower people to be active participants in their health and health care.

Terence Tang, MD is breaking down barriers for interprofessional care teams to work better together to help meet the individual and often complex needs of patients.

Judith Versloot, PhD is evaluating new collaborative care programs to support patients experiencing both mental and physical illnesses, ensuring they receive the right care, in the right place, at the right time.

Ian Zenlea, MD is creating a community-wide strategy to combat childhood obesity to help children and their families build skills for lifelong health and wellness.
Ike Ahmed, MD is developing new devices and techniques in the diagnosis and surgical treatment of highly complex eye diseases, and redesigning the appropriateness and prioritization of cataract surgery.

Andrew Feifer, MD is identifying new methods to manage prostate cancer, including a web-based application that supports self-care and disease management.

Sharyn Gibbins, PhD, NP is discovering new ways to manage pain and optimize nutrition for preterm infants.

Allan Mills, PharmD is advancing knowledge on pharmaceutical interventions in hospital to improve patient outcomes.

Sachin Sud, MD is informing critical care best practice, working in collaboration with multiple investigators across Canada and worldwide to improve care and outcomes for the critically ill and for organ donors.

Wendy Levinson, MD, OC is leading a national campaign to encourage conversations between physicians and patients about unnecessary tests, treatments and procedures in order to ensure high quality care and prevent harm.
Research by the Numbers

- **216** Ongoing Research Projects
- **444** Research Ethics Board Submissions

**Study Types**
- **59** Chart Reviews
- **82** Clinical Trials
- **33** Qualitative Studies
- **42** Other Study Types
- **32+** THP Departments represented in research projects

**We are Better Together**

Collaboration across...

- **3** THP Sites of Engagement
- **67+** External Collaborators

**Internally-led Projects**
- **115** Physician-led
- **14** Allied Health-led
- **8** Student-led
- **6** Nurse-led
To learn more about the Institute for Better Health, visit trilliumhealthpartners.ca/researchandinnovation
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