



UiO : University of Oslo



Building rehabilitation research competency in primary care

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Primary health care in Norway

- Weak traditions for research
- Very few have research competence
 - Exported to specialized health care and universities/colleges
- Few and small "institutions" for interaction between clinicians and researchers
- Marginal resources for research

Typical also for rehabilitation

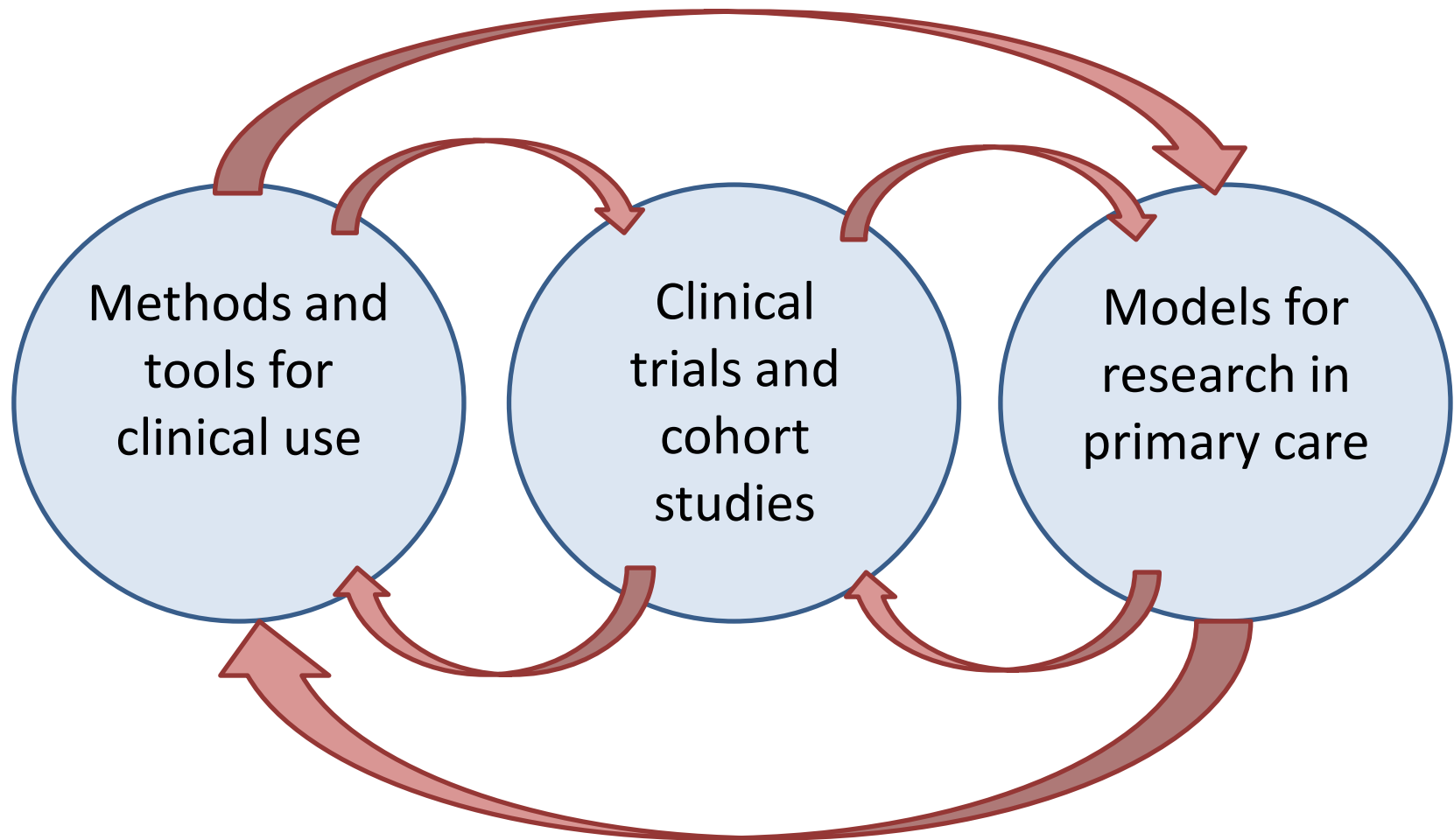
Solutions?

- Development of competence to
 - Lead or participate in research
 - Improve the communication between researchers and clinicians
 - clinical issues; including challenges, experience
 - research issues; including ideas, plans and results
 - Transform research to quality development
- Establish strong structures for interaction between primary care and research groups
 - A number of ways to achieve this
- Involvement of clinicians in research over long periods

Objectives - FYSIOPRIM

- Increased knowledge
- Higher competence
- Larger and long-term research activity
- Improved conditions for
 - higher quality of clinical practice
 - more relevant research projects

Three main components



Univ of Oslo

Dep of Health Sciences

8 researchers

NTNU

Dep of Public Health
and General Practice

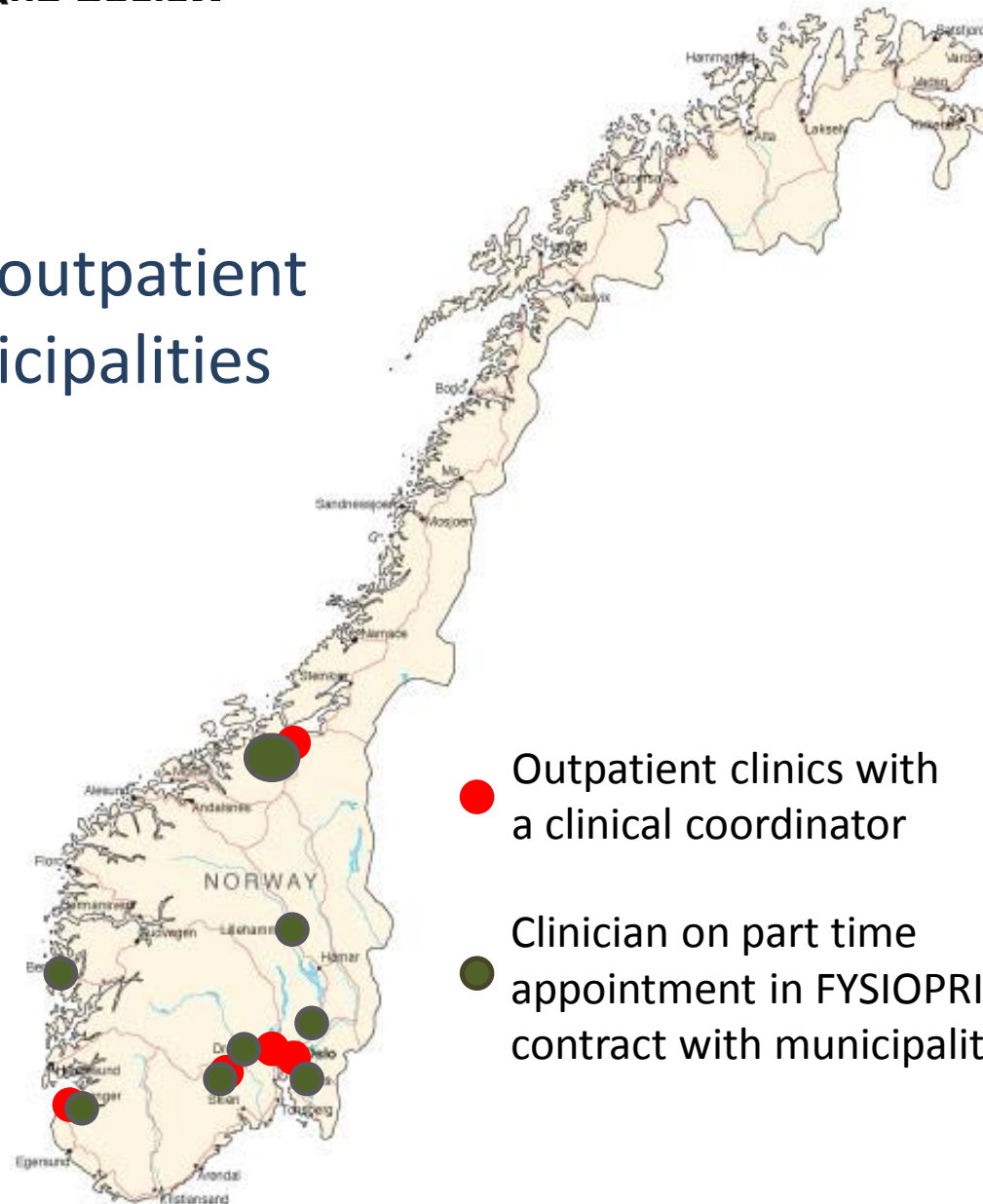
6 researchers

Diakonhjemmet hospital

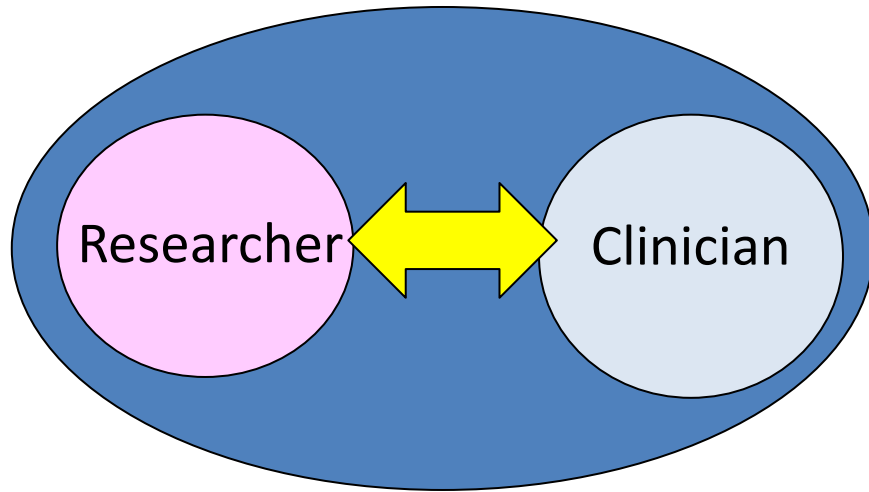
National Advisory Unit on
Rehabilitation in Rheumatology

3 researchers

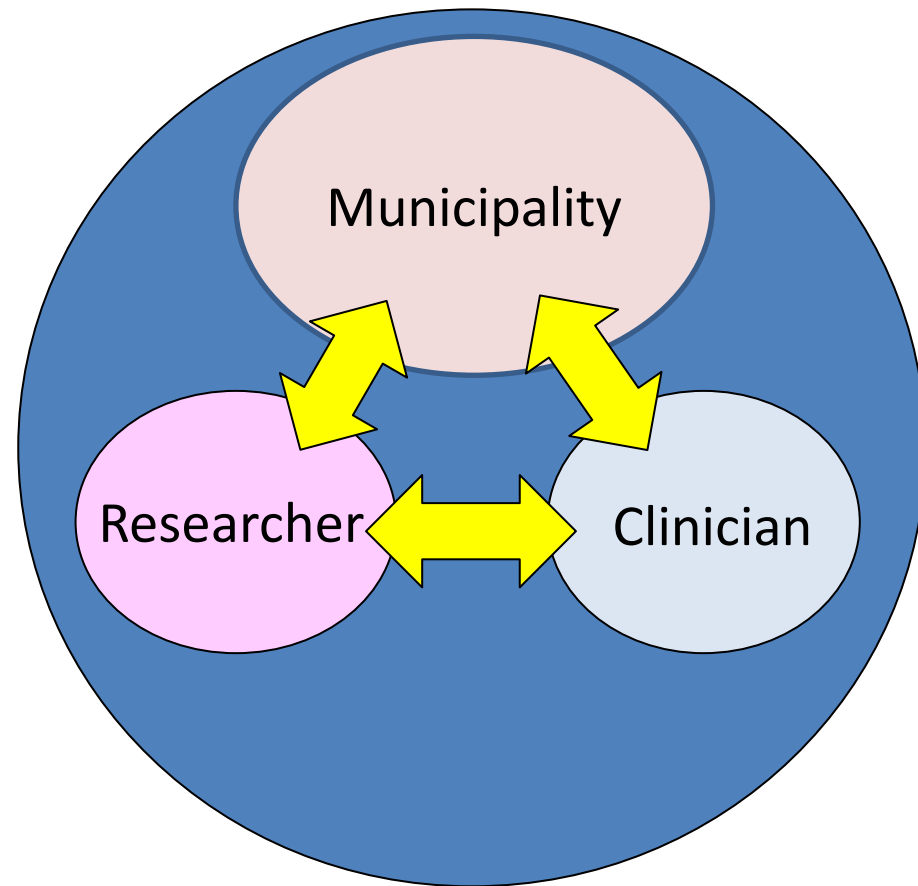
Collaborating outpatient clinics or municipalities



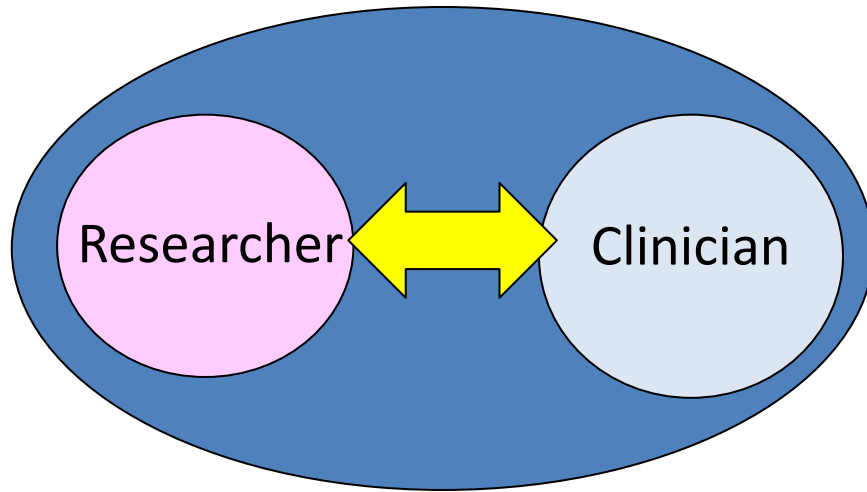
Models for collaboration



Set up to develop two-way knowledge exchange and translation



Models for collaboration



Clinical coordinators – 5 years

- Expected to use their clinical knowledge and competence
- Participate in discussions about research ideas and projects that the researchers suggest
- Have an impact on development from ideas to study protocols
- Coordinate data capture locally at their clinic

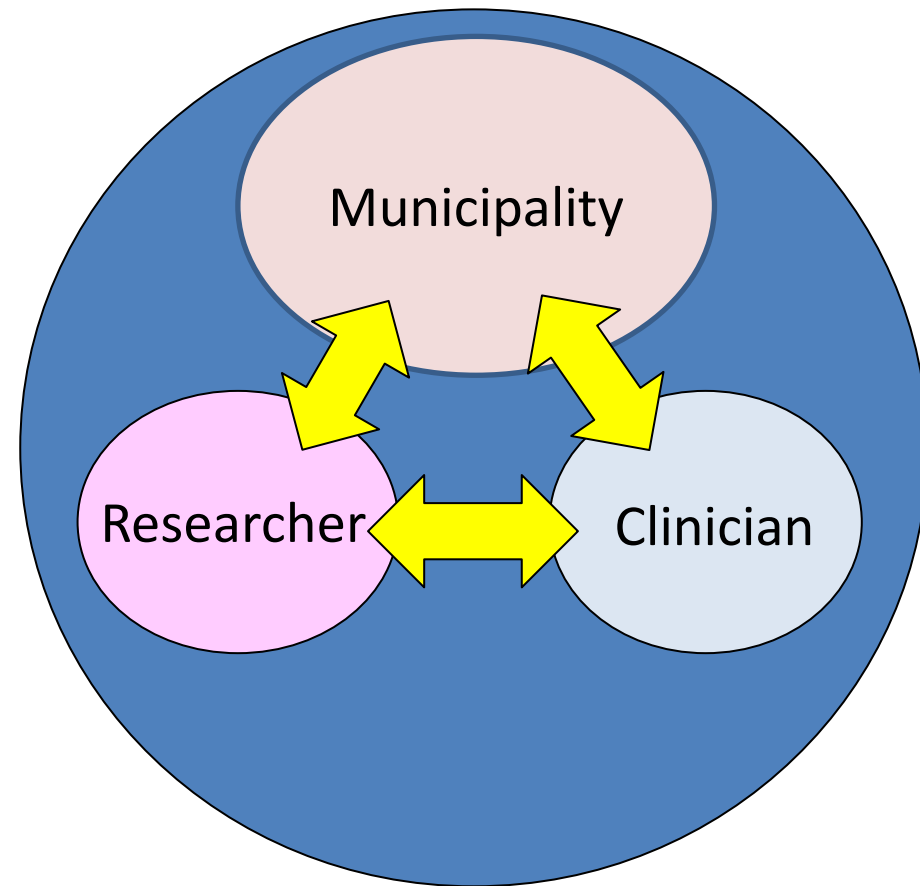
Clinical coordinators - Examples of projects

- Development a system for standardized data collection in clinical practice
 - the content – "what to measure" of the system
 - how to measure and how to capture data
- Establishing and testing a core set of measures for physical fitness applicable in clinical practice
- Does intervention targeting motor control problems improve physical function and general health?

Models for collaboration

Clinicians – part time position in FYSIOPRIM – 2 years

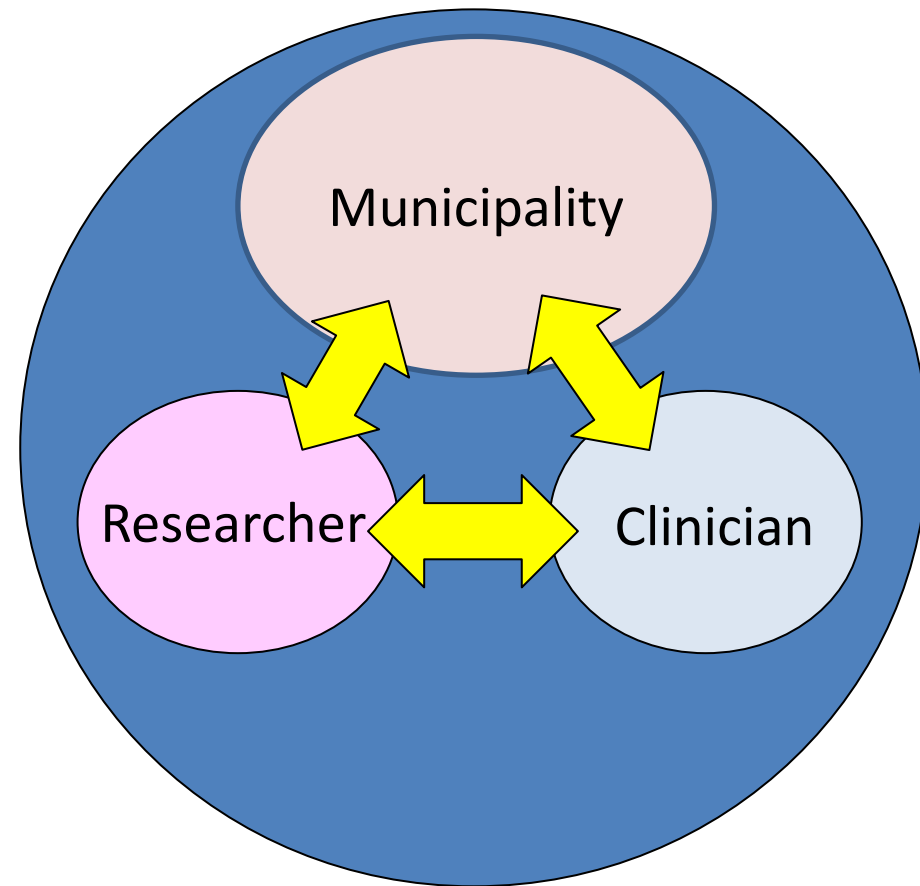
- Forward ideas for research from clinical practice
- Facilitate discussions of the ideas and possible research projects
- Carry out smaller projects
- Facilitate use of the researchers' competence in seminars for clinicians



Models for collaboration

Clinicians – part time position in FYSIOPRIM

- Given courses in research methodology, database searching etc
- Provided with infrastructure such as access to library and databases



Examples of smaller projects in the municipalities

- Implementation of common assessment for everyone involved in rehabilitation in the municipality
- Distress among elderly and how to prevent it
- **Clinicians:** experience in how to carry out projects
- **Researchers:** insight in clinical issues and challenges
- Evaluation of falls among elderly, and how to assess risk for falling
- Evaluation of intervention in kindergarden – "Moving through the body"

Recommendations – recent evaluation

- Use partnership facilitators
 - e.g. such as our clinical coordinators
- Research projects should be developed through collaboration between municipality, clinicians and researchers – in all stages
- Organize the clinicians in networks
- Establish "meeting places" where everyone involved discuss issues related to the project
- Provide education when needed and infrastructure
- Continuity is needed – long-term collaboration

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