



NEWSLETTER

Transformation of Indigenous Primary Healthcare Delivery (FORGE AHEAD): Community-driven Innovations and Scale-up Toolkits

Territories of the Attawandaran (Neutral) / Algonquin / Haudenosaunee / Anishinaabe / Leni-Lunaape peoples
In proximity to: Chippewa of the Thames First Nation / Oneida Nation of the Thames / Munsee-Delaware Nation

ISSUE 10, SEPTEMBER 2017

FALL GREETINGS

Dear FORGE AHEAD Program Team,

Hope you all had a joyous and restful summer. Even though the summer has given everyone an opportunity to take some time off and spend it with family and loved ones, we have also made some good strides in the program evaluation and knowledge translation phase of the FORGE AHEAD program.

The fall season is upon us and we will be engaging with many of you in looking at the preliminary findings of the FORGE AHEAD program and start the discussion on developing results and sharing the knowledge through many different channels: at the community level, through various networks, and academic publications.

Representatives from many partnering communities will be joining the Western research team and the larger FORGE AHEAD Program Team to advance the work on diabetes prevention and management, and share their quality improvement journey stories so that we may continue to build upon the hard work of all involved.

This Workshop is such a pivotal moment for us to come together and shape the story of the FORGE AHEAD program – the challenges / the successes / the insights / the future.

We are very excited!

I am thrilled to 'virtually' introduce all the Community Evaluation Liaisons for all FORGE AHEAD partnering communities, who have been working with the Western Research Team over the summer on the evaluation plan. Their feedback has been valuable and we look forward to their leadership during the Workshop.

I am also very pleased to share news from Opaskwayak Cree Nation and their community engagement activities aimed at building awareness around healthy eating. More details in their own words inside.

I hope that this newsletter finds all of you in good health and strong spirits. Look forward to seeing many of you in London, Ontario in October.

꠆꠆꠆꠆꠆꠆ (thank you),
Harsh

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PROGRAM FINDINGS INTERPRETATION & KNOWLEDGE TRANSLATION WORKSHOP

DATE: October 23 – 25 / 2017

LOCATION: Ivey Spencer Leadership Centre / London / Ontario

From the beginning, one of the main foundational principles of the FORGE AHEAD research program has been putting into practice community-based participatory research - involving all First Nations partnering communities in all aspects of the research program. With First Nations communities as full and equal partners in the research program, FORGE AHEAD maintains the core focus on community-driven and participatory research principles, respecting the Ownership, Control, Access, Possession (OCAP®) Principles in the development of knowledge translation (KT) activities.

Implementing a national program with First Nations community spanning all across the country has been a monumental task. The aim of this Workshop is to put the research program principles in action and create the space for joint collaboration to occur in this evaluation and knowledge translation phase where the results will tell the quality improvement journey story of each First Nations partnering community and the research program as a whole.

The three days will have a mix of different activities - interactive sharing sessions with all participants giving everyone an opportunity to hear different aspects of the QI Journey of other First Nations communities; smaller community breakout sessions where representatives of every partnering First Nations community will be able to dive into their own community's research data and provide their feedback and interpretation to shape process and outcomes results.

The third day of the Workshop will finish with a networking social event where FORGE AHEAD community representatives will be able to meet community representatives from the Pathways for Health Equity program who will be starting their own QI Journey. This event will feature some music and dancing to close the FORGE AHEAD Workshop and jumpstart the Pathways Workshop scheduled for the rest of that week.

FORGE AHEAD COMMUNITY EVALUATION LIAISONS

Early summer 2017, all FORGE AHEAD partnering communities nominated one individual to join the evaluation work as the Community Evaluation Liaison for their community. This was a practical way for the Western Research Team to engage all partnering communities in the evaluation phase, with work leading up to the Findings Interpretation & Knowledge Translation Workshop, and after that as well. We are pleased to introduce all the Community Evaluation Liaisons from all partnering communities.

Cowichan Tribes First Nation	Danna Hadden
Seabird Island Band	Amanda Peters
Tsuut'ina Nation	Devon Guy
Maskwacis	Joanne Siemens
Opaskwayak Cree Nation	Marie Jebb
Ebb & Flow First Nation	Sonya Houle
Kahnawake Mohawk Territory	Colleen Fuller
Waskaganish First Nation	Ivan Kimble McComb
Miawpukek First Nation	Cynthia Benoit

WAVE 2 HIGHLIGHTS

Beatrice Wilson Health Centre

minoyâwin katoskâtamâk

Working Together for Health



Last summer Opaskwayak Health Authority offered a six week community garden challenge. In conjunction with our Forge Ahead Project at OCN we created a PDSA specifically focusing on our community gardens. Our goal was to improve community engagement and build awareness around healthy eating. The idea was to assist the OCN community garden increase their volunteer group and encourage members in OCN to access the gardens, learn and share their traditional gardening skills.

The ADI Program (Aboriginal Diabetes Initiative) at the Health Centre is always looking for ways to encourage community members to eat healthy and have access to foods. Gardening has numerous benefits, not only the food that you grow, but gardening promotes physical activity and a healthy lifestyle, both of which are ways to reduce the risk of diabetes or help control blood sugars.

The result of the challenge saw 55 people participate in the community garden of OCN.



Community Garden and Kitchen

Turtle Herb Garden



This year to further support the community gardens we have brought in Leon Simard to OCN. Leon is the Food Security Coordinator with Four Arrows Health Authority and has a wealth of knowledge and resources to share with the community. Leon shared what other communities are doing and what works for them. After the presentation we went over to the main community garden where we were able to do some hands on planting. We planted several Three Sister's plantings, sunflowers, Russian Blue Potatoes and the herb Borage.

Currently through the ADI Program at Opaskwayak Health Authority we are proud to be offering "Four Weeks to Healthier Lifestyle". This health promotion aims to do just what the title says, encourage healthy living. This 30 day calendar is provided by National Aboriginal Diabetes Association

and we have taken it just a step further and added weekly activities for the community to participate in. In the 30 day period we have hosted "Inspect Your Feet" with Foot Care Nurse, "Find some Quiet Time" a lunch time yoga session, Day 24 "Enjoy your Salads" offering salad at noon, and Day 29 is a 30 minute walk.

Lastly in promoting healthy lifestyles this month we gave away 30 containers, plants, soil and seeds for community members to begin a container garden at their home. Again this incentive is an opportunity to promote growing your own food and a stepping stone to gardening. Community members were excited to take part in this. Many had not tried to grow their own food before and some who were gardeners were excited they could plant more.



Shirley Partridge (Foot care Nurse) & **Shawn Yaremko** (ADI Worker / Community Health Representative)

PUBLICATIONS

We are pleased to share the news that our Clinical Readiness Tool was validated and published in March 2017 in the BMC Health Services Research Journal. With this tool out in the public domain, we are looking forward to other Indigenous communities using it for their quality improvement journeys by taking into account their own contextual factors and linking it to their priorities for bringing about accelerated changes.

Naqshbandi Hayward, M; Mequanint, S; Paquette-Warren, J; Bailie, R; Chirilia, A; Dyck, R; Green, M; Hanley, A, Tompkins, J; & **Harris, S**. On behalf of the FORGE AHEAD Team. The FORGE AHEAD clinical readiness consultation tool: a validated tool to assess clinical readiness for chronic disease care mobilization in Canada's First Nations. *BMC Health Serv Res*, 2017; 17:233. doi: [10.1186/s12913-017-2175-6](https://doi.org/10.1186/s12913-017-2175-6).

FORGE AHEAD PROGRAM TEAM NEWS

Dr. Michael Green has been appointed as the Brian Hennen Chair and Head, Department of Family Medicine, Faculty of Health Sciences at Queen's University in Kingston, Ontario for a five-year period beginning July 1, 2017. His work has focused on improving access to primary care and Indigenous health. He has co-chaired the Faculty of Health Sciences Truth and Reconciliation Task Force tasked with the responsibility of responding to the federal commission's calls to action for postsecondary institutions. Mike has provided key support through the Methods and Analysis Working Group, and sits on the CBPHC Common Indicators Working Group on behalf of the program.

Dr. Jon Salsberg has recently taken up a permanent position as Senior Lecturer (Associate Professor equivalent) in Primary Care at the Graduate Entry Medical School, University of Limerick, Ireland. One of his main tasks in the first few years will be to create and launch an MSc/PhD program in public and patient involvement in primary care research. Jon was a key member of the Participatory Research Working Group and will continue to share his expertise with us as time and distance permits.

Mariam Naqshbandi Hayward is back from her maternity leave and has rejoined the Western Diabetes Research Team. With her experience on the FORGE AHEAD research program, she is playing an advisory role and sharing her expertise with the Western Research Team. She is currently spearheading the Pathways for Equity Health program, which will build upon the learnings from FORGE AHEAD and provide a different set of Indigenous communities the opportunity to start their QI journey.

Hearty congratulations to Jon and Mike as they embark in their new roles! Welcome back Mariam!

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<http://www.tndms.ca/forgeahead/index.html>

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