



# NEWSLETTER

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

ISSUE 5, FEBRUARY 2015

## FORGE AHEAD BRINGS TEAMS TOGETHER FOR WORKSHOP #1

Over 50 Community and Clinical Team members from our six Wave 1 partnering communities: Ebb and Flow First Nation, Kahnawake Mohawk Territory, Maskwacis, Miawpukek First Nation, Tsuu T'ina Nation, and Waskaganish First Nation, attended the first quality improvement workshops. Two consecutive workshops were held bringing together Community Teams' members on January 27-28, 2015 and Clinical Teams' members on January 29-30, 2015 in London, ON to build capacity around diabetes care and guide teams to develop community-driven quality improvement initiatives. The workshops were designed to integrate educational sessions and breakout sessions where trained Community Facilitators led their teams in designing initiatives that align with community priorities and available resources. The workshops were organized by the Western Team and included expert presentations from Mike Hindmarsh (Hindsight Healthcare), Alex McComber (Educator, Kahnawake Mohawk Territory), Dr. Sonja Reichert (Western University), Dr. Stewart Harris (Western University), and Betty Harvey & Amanda Mikalachki (SJHC Primary Care Diabetes Support Program). Championed in their communities by the Community Facilitators, teams are now armed to begin implementation of the initiatives they designed at the workshop using the Plan-Do-Study-Act Cycle Tool. The Community Facilitators are the key people from each partnering community who will guide, support and lead their Community and Clinical Teams through the PDSA cycles.

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Community Teams Workshop, London, January 27-28, 2015



Clinical Teams Workshop, London, January 29-30, 2015

For more pictures go to our Facebook Page:

<https://www.facebook.com/FAProgram>



## ASTRAZENECA CANADA INC. DONATES TO FORGE AHEAD

AstraZeneca Canada Inc. has donated \$500,000 to Western University in support of FORGE AHEAD. The announcement was made on February 20th on the Western website (see: <http://giving.westernu.ca/> for the full story). "Through FORGE AHEAD, Dr. Harris and his team are working to find practical ways to address an urgent, unmet medical need," says Ed Dybka, AstraZeneca Canada President and CEO. "This is exactly the kind of critical health challenge that, as a leader in health care, AstraZeneca has a broader responsibility to help address through supporting leading Canadian researchers and organizations."

## COMMUNITY FACILITATORS AND COMMUNITY DATA COORDINATORS

We would like to acknowledge the hard-work and dedication of our Community Facilitators and our Community Data Coordinators. Each play an integral role in helping their communities pave the way with FORGE AHEAD! Since the last issue of our newsletter, we have new people who have taken on the roles of Community Facilitator and Community Data Coordinators in their communities – we welcome everyone to FORGE AHEAD and we say goodbye to those who have stepped down from their roles.

### Wave 1 Community Facilitators:

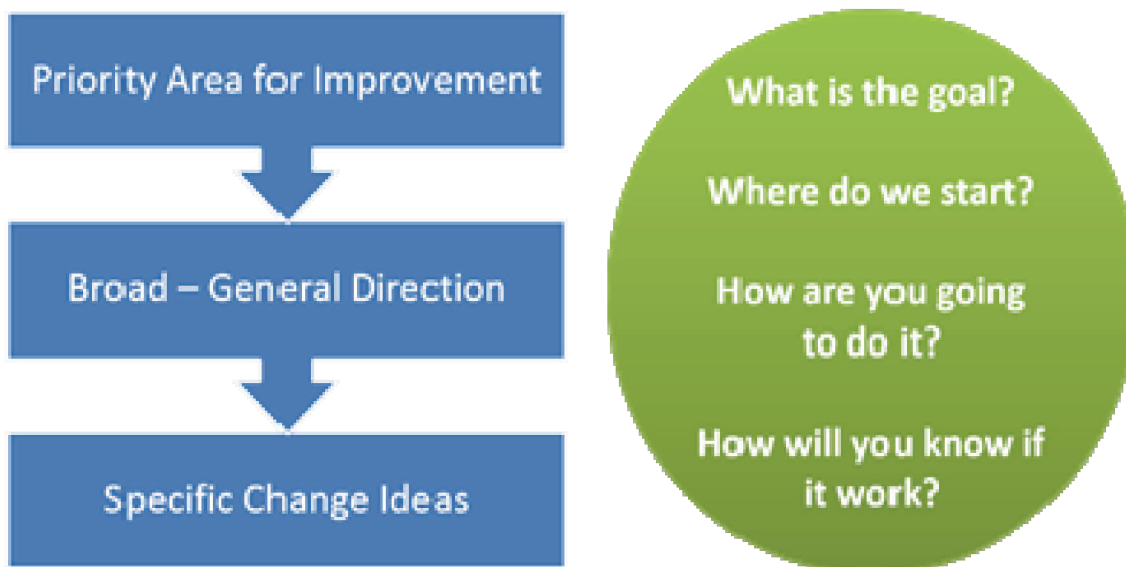
Alexandra Audi, Kahnawake Mohawk Territory, QC  
 Kelsey Bigplume-Kahnapace, Tsuu T'ina Nation, AB  
 Emilie Dufour, Waskaganish First Nation, QC  
 Ingrid Ekomiak, Maskwacis, AB  
 Phyllis Racette, Ebb and Flow First Nation, MB  
 Ada Roberts, Miawpukek First Nation, NL

### Wave 1 Community Data Coordinators:

Charlene Diamond, Waskaganish First Nation, QC  
 Tina Littlechild, Maskwacis, AB  
 Chalsea Onespot, Tsuu T'ina Nation, AB  
 Maggie Organ, Miawpukek First Nation, NL  
 Randy Peterson, Kahnawake Mohawk Territory, QC  
 Phyllis Racette, Ebb and Flow First Nation, MB

## LET'S PLAN-DO-STUDY-ACT (PDSA)

**What is PDSA?** Develop a plan to test a change (Plan), carry out the test (Do), observe and learn from the results (Study), and determine what modifications should be made to the test to improve results (Act). Remember PDSA cycles are meant to test changes on a **SMALL SCALE and FAST**. The idea is to build from one cycle to the next until there is enough evidence of success and confidence to implement a change across the system or community.



# FORGE AHEAD WEBSITE A GREAT RESOURCE

[WWW.TNDMS.CA/FORGEAHEAD/INDEX.HTML](http://WWW.TNDMS.CA/FORGEAHEAD/INDEX.HTML)

We encourage the entire FORGE AHEAD Team to visit our website frequently to access presentations, program materials, and updates.

**The NATIONAL DIABETES MANAGEMENT STRATEGY**  
**A program to evaluate diabetes care in Canada**

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 RESTRICTED- Member Only

**Research Studies ...**  
**FORGE AHEAD Program Description**

NB: FORGE AHEAD est presque entièrement offert en anglais, par contre l'enquête sur le profil communautaire est disponible en français et autant que possible, les matériaux de communication sont traduits. Les communautés françaises intéressées à participer dans le programme peuvent communiquer avec nous pour discuter des limitations et options du programme: 1-855-858-6872 poste #2 ou [forgeahead@schulich.uwo.ca](mailto:forgeahead@schulich.uwo.ca).

**English**  
 The overarching goal of the **TransFORMATION of IndiGENous PrimARy HEalthcare Delivery** (FORGE AHEAD) research program is to develop and evaluate community-driven, culturally relevant, primary healthcare models that enhance chronic disease management and appropriate access to available services in First Nations communities in Canada. The FORGE AHEAD research program incorporates a series of 10 inter-related and progressive projects designed to foster community-driven initiatives with type 2 diabetes mellitus as the action disease.

Click on the left side bar menu to access all FORGE AHEAD information

**Résumé français**  
 Le but global du programme de recherche - «Transformation de la prestation des soins de santé primaires autochtones (FORGE AHEAD)», est de concevoir et d'évaluer des modèles de soins primaires conçus par les communautés, adaptés à la culture en vue d'améliorer la prise en charge des maladies chroniques et assurer un accès convenable aux services disponibles dans les communautés des Premières Nations au Canada. Ce but sera atteint par une série de 10 projets interdépendants et progressifs qui appuieront les communautés à développer des initiatives axées sur le diabète de type 2.

**Now Available on The Website:** The Restricted – Member Only section contains resources for Community Facilitators, Community Data Coordinators, Overall Program documents such as *The Policy on Authorship & Scholarly Publications* and the *Publication Plan*, Meeting Agendas and Minutes, and Project Specific documents. *Ethically approved protocols and documents* are also available on the restricted side of the website.

## LET'S REACH 100 LIKES ON FACEBOOK!

[WWW.FACEBOOK.COM/FAPROGRAM](http://WWW.FACEBOOK.COM/FAPROGRAM)

We have 25 Likes and would like to keep growing. Let's spread the word about the **FORGE AHEAD Facebook page**. At the January workshops that were held with the Community and Clinical Teams, we heard requests for ways that team members can connect with teams in other communities. We have designed our Facebook page so that anyone can post a message, upload photos and videos. This is a great way for teams, Community Data Coordinators, and Community Facilitators to **share success stories, discuss their PDSAs, share ideas, brainstorm challenges, and upload pictures from your community and PDSA activities in action!!**

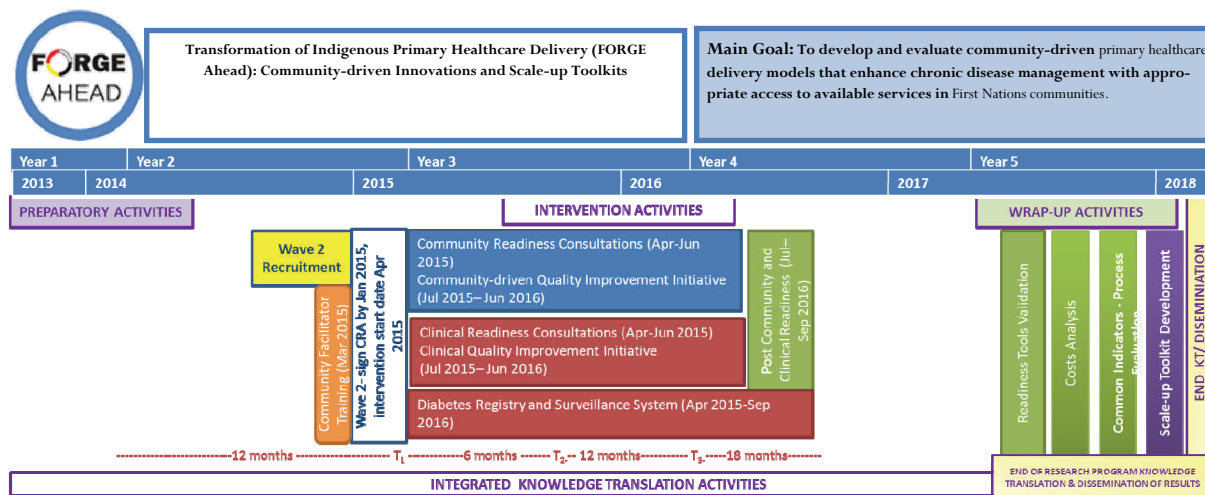




## WAVE 2 RECRUITMENT UPDATE

Over the fall and winter, the Western Team reached out to over 14 First Nations communities to recruit for Wave 2. We look forward to working together with Mishkeegogamang First Nation (ON), Opaskwayak Cree Nation (MB), Saugeen First Nation (ON), and Seabird Island Band (BC), and we are exploring partnerships with three other communities at this time.

The current timeline for Wave 2 implementation is shown below. In order to allow for more recruitment and preparation time, we are contemplating pushing Wave 2 implementation from April 2015 to May 2015 with the first quality improvement workshop being delayed from July 2015 to November 2015. This would allow for greater preparation time for our Wave 2 communities to develop their teams, complete the first round of the Readiness Consultations, develop their CABs, and begin their registry work. This proposed new timeline will be brought forward for feedback at our Working Groups Leads teleconference call on March 4th, 2015.



## FORGE AHEAD STUDENTS PAVING THE WAY



**Emily (in photo, left)** joined the FORGE AHEAD team as part of her undergraduate academic career through a program called Scholars Elective at Western University which teams up students with Faculty to participate in, and gain experience with, health research projects. Emily’s thesis examines the **effect of personal phone calls on return rates for the Community Profile Survey**.

**Rachel (in photo, middle)** is in her last year of her Master’s program in Family Medicine at McGill. She was very excited to join the FORGE AHEAD team in January for the community team workshops, and had the chance to complete the data collection for her project. Her thesis, entitled **“Community Mobilization and the Community Readiness Model Tool: A case study of diabetes in select First Nations communities in Canada”**, will examine the value and use of the

readiness model used by FORGE AHEAD. Over the past year she has presented her thesis at the NAPCRG conference and joined the CBPHC Student Trainee Group, for students associated with other CIHR-funded community programs.

**Braden (in photo, right)** from Western University and **Kathleen (not in the photo)** from the University of Toronto are both working towards their PhDs. Braden and Kathleen collaborated on the **Best Practice and Policy Literature Review paper** which is available for review on our website. The manuscript is the first arising from the FORGE AHEAD Program and examined the existing literature of diabetes and chronic disease interventions in Indigenous communities in Canada.

## UPCOMING KEY DATES AND EVENTS

- ◆ Wave 2 Implementation TBD — NEW PROPOSED TIMELINE to be discussed at the next Working Group Leads teleconference call on March 4th, 2015
- ◆ World Diabetes Congress (a partnership between IDF and CDA) abstract submission deadline April 17, 2015. Conference November 30-December 4, 2015 in Vancouver, BC.
- ◆ NAPCRG abstract submission deadline April 17, 2015. Conference October 24-28, 2015 in Cancun, Mexico
- ◆ CAHSPR conference May 26-28, 2015 in Montreal, QC. Abstract submission closed.

## CONTACT US

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