



GEORGE & FAY YEE

Centre for Healthcare Innovation

# ***Knowledge to Action:*** *Is there an App for that?*

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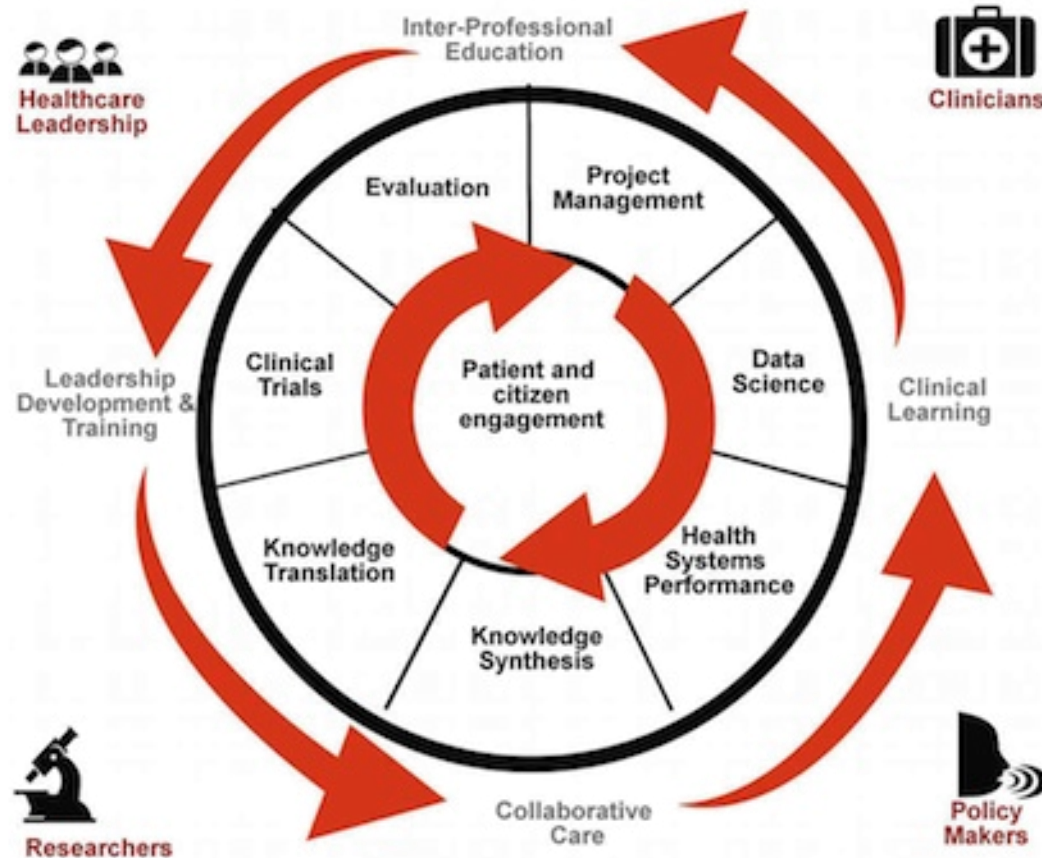
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April 22, 2014

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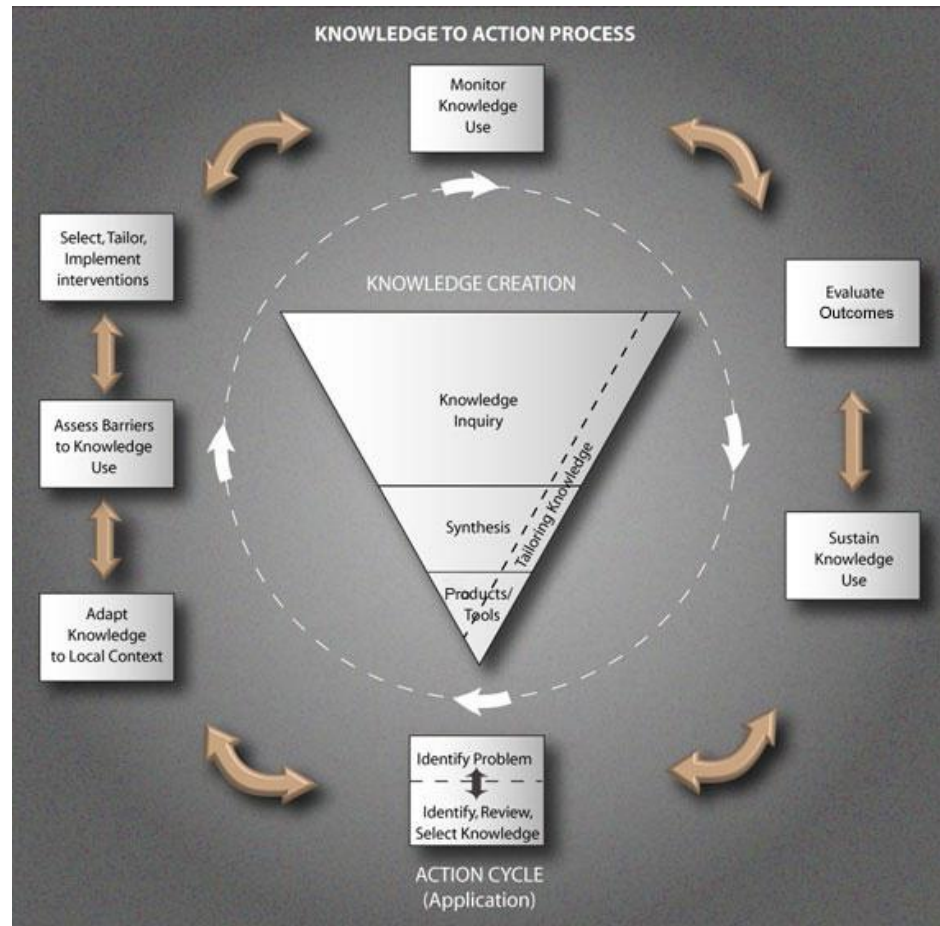
[@kristywittmeier](https://twitter.com/kristywittmeier)

# Centre for Healthcare Innovation (CHI) SUPPORT Unit



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# Knowledge to Action



<http://www.cihr-irsc.gc.ca/e/38761.html>



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## ***KTA: Mobile Technology***

- Clinical concern:
  - Canadian physiotherapists and colleagues
  - young men with mild hemophilia wait too long to come in for treatment after an injury.
- “Why is this happening?”
- Some said **“we need a new booklet for people with mild hemophilia”**.
- A few physiotherapists wondered if there was a better approach...

*“...communication between the young adults and the health care team was not optimal, ...ineffectiveness of lecture style **education**. Gaps in knowledge also emerged regarding **bleed identification and management**. ”* (Nilson et al 2012)



*Primary investigator: JoAnn Nilson, PT*

*Collaborators: Kathy Mulder PT, Candice Schacter PT*



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# So then...

We developed a ‘Decision Making Pathway’ that acknowledged that some bleeds do, in fact, resolve without factor and with no serious consequences.

We brainstormed and drew up a first draft

BUT, they asked :  
“Is there an app for  
that??”

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## There's an app for that injury, young man

March 25, 2014 in [Our Values in Action](#)

JoAnn Nilson first became concerned about young men with mild hemophilia when a patient arrived in her care unable to bend his knee.

"He had been injured at work a week earlier," explains Nilson, a physiotherapist (PT) at Royal University Hospital, working with the Saskatchewan Bleeding Disorders Program. "He had brushed off the injury and tried to carry on but it had gotten so bad that his knee was immobilized. The result was he couldn't work for a year." Now, there's an app for that. And Nilson helped develop it with her colleague Kathy Mulder, a PT at Health Sciences Centre in Winnipeg, Manitoba and her research team, Dr. Kristy Wittmeier of the University of Manitoba and Dr. Candice Schachter from the University of Saskatchewan.



JoAnn Nilson is one of the researchers who developed HIRT?



# Research Waste

Chalmers & Glaziou Lancet 2009

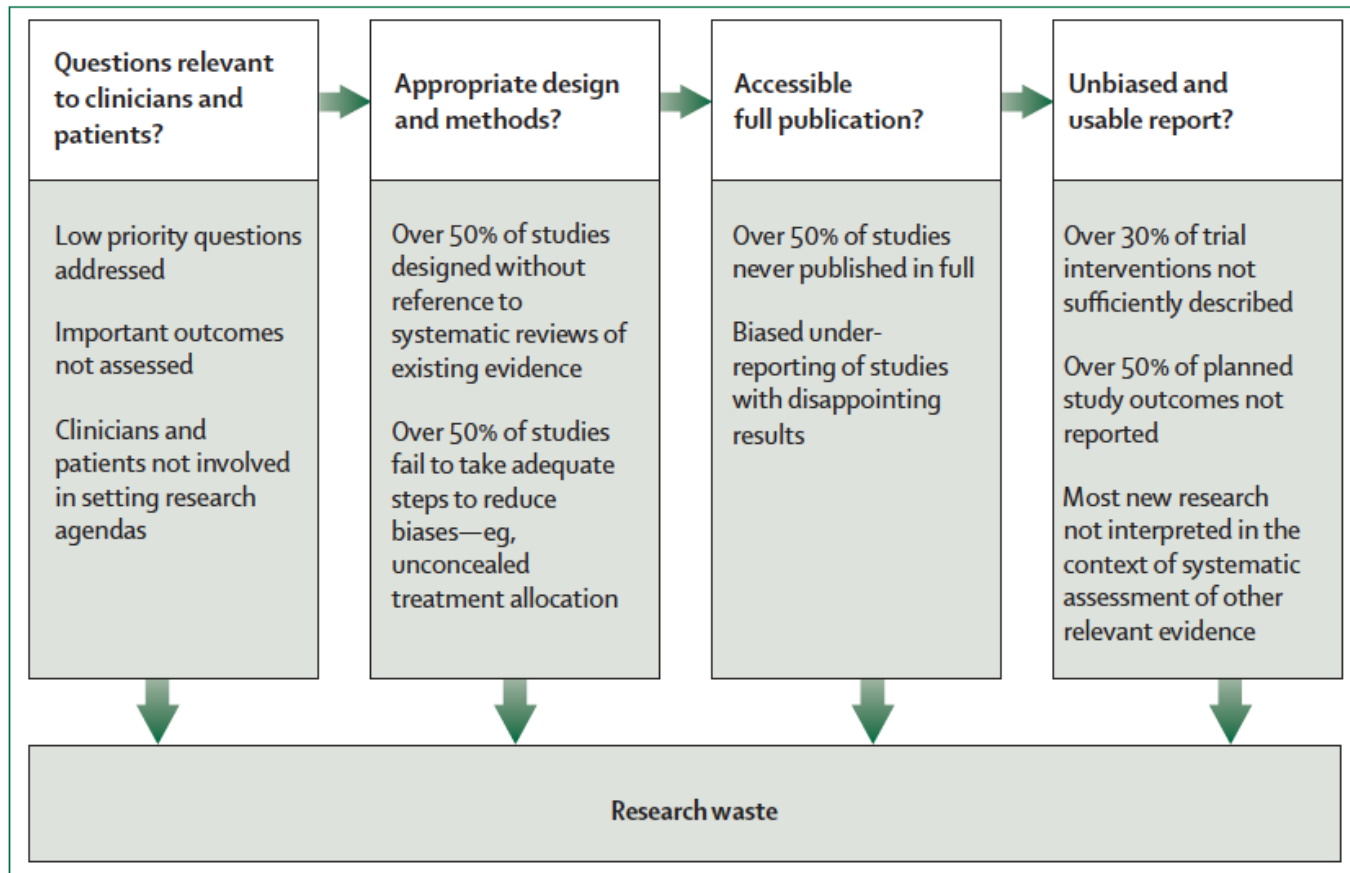


Figure: Stages of waste in the production and reporting of research evidence relevant to clinicians and patients

# Thanks!

## **HIRT? Team:**

- JoAnn Nilson, BPT, Saskatoon
- Kathy Mulder, BPT, Winnipeg
- Candice Schachter, PhD, MHK, BA, DipPT, Windsor
- Richard Lomotey, BSc, MSc, PhD Candidate, Saskatoon (& Ghana)
- Ralph Deters, BSc, MSc, PhD, Saskatoon

***And the young men with mild hemophilia who have provided their valuable input***

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