

An invitation : “Dear Community Health Nurse please join our research team”



My thoughts and feelings...

“*research* that sounded like a class I didn’t enjoy in University” ... “I have never done research”... “isn’t research scary”... “am I qualified to do research?”

“Go for it... put your hand up take on a small role and see how it goes.”

The decision...

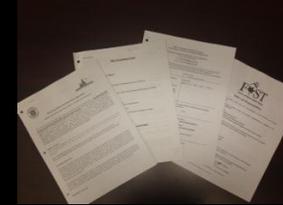
Research: It’s really not that scary - and the spin offs can be fantastic!

BLUEPRINT FOR ACTION:
INFLUENCE, INFORM, INSPIRE

June 17 - 19, 2013
7th National Community
Health Nurses Conference
Kelowna, BC

What we did - “Improving Health for Children Research”

- **Jan 2009** Research Ethics & Funding Approved
- **Sept 2009** Community Summary of Services for 0-3yr olds
- **Nov 2009 - Jan 2010** Baby FAST (Families And Schools Together) Runs
- **Sept 2012 - Dec 2012** Baby FAST Evaluation
- **April 2010** Workshop on Childhood Obesity in Prince Albert
- **June 2011** Knowledge Translation: International Conference with Richard Louve & Catriona Le May Doan
- **June 2012** Research project completed



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Benefits of Community Health Nurses Involvement in Research

Opportunity to bring together groups and agencies

Having research to back up community grant applications

Sustained networks and coalitions for future projects

Enhanced agencies understanding of the role and profile of community health nurses

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The research is over but the spin offs remain...

An indoor play space for preschoolers to play while learning about physical literacy and health.



On Friday June June 15th the Prince Albert, SK community was treated to a breastfeeding workshop with Dr. Jack Newman



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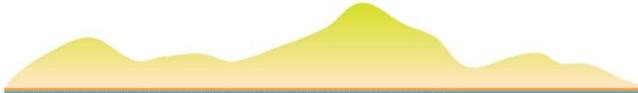


Research: Go ahead put your hand up. Get involved.



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