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

“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?”

My thoughts and feelings…

“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!
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

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

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