

EXTRA — Fact Sheet

What is EXTRA?

- EXTRA is the acronym for the **Executive Training for Research Application (EXTRA)** Fellowship Program.
- The EXTRA program's goals align well with CNA's mission: *to strengthen nursing leadership and promote nursing excellence.*
- EXTRA offers a unique opportunity for teams of senior health executives and emerging leaders (nurse executives, physician executives and other health administration executives) to improve their organization's performance by conducting evidence-informed intervention projects, such as enhancing patient outcomes, quality of care and cost-effectiveness.
- Applicants from health-care delivery organizations can apply as a single organizational team (two to four participants), a multi-site team or a cross-jurisdictional team.
- The 14-month EXTRA program uses theoretical and practical tools to help each team initiate and lead evidence-informed improvements, either to their own organizations or across jurisdictions (in the case of multi-site and cross-jurisdictional projects).
 - The program is managed by the Canadian Health Services Research Foundation (CHSRF) and funded by a grant from Health Canada.
 - To help support and promote the EXTRA program, CHSRF has partnered with the Canadian Nurses Association, the Canadian College of Health Leaders, the Canadian Medical Association and a consortium of 12 associations from Quebec.

What are the benefits of EXTRA?

- EXTRA fellows will benefit by:
 - Acquiring the skills and knowledge to initiate, manage and sustain measurable improvements in their organization
 - Learning to use evidence, quality improvement theory and change management methodology to achieve progress on a specific initiative

- Having the opportunity to collaborate and network with Canadian peers who have substantial quality improvement experience and skills
- Gaining exposure to learnings acquired in diverse health-care settings through guests lecturers from Canada and abroad
- Employers of EXTRA fellows will benefit by:
 - Being better prepared as an organization to make decisions based on evidence
 - Achieving better health-care policy, delivery, innovation and cost effectiveness through research
 - Gaining new skills for assessing organizational performance against other organizations
 - Accelerating and facilitating evidence-based organization change

Factoids

- Each year, twenty-eight (28) fellows are accepted into the 14-month EXTRA training program.
- Since 2004, 233 senior health-care leaders, including 71 nurses, have participated in the EXTRA program.
- Applications for the 2013 competition will be accepted from October 3, 2012 to 12 p.m. EST on February 5, 2013.

Examples of previous EXTRA intervention project titles

- *Innovative nursing scheduling practices supported by an e-scheduling system*
- *Capacities development for new intermediate nursing managers*
- *Implementation of nurse practitioners to facilitate chronic disease management*
- *Building sustainable nursing resources in rural hospitals: Retaining new recruits*
- *Planning for success: An evidence-based approach to preparing nurses for an electronic paper record*

For further information about EXTRA, visit: <http://bit.ly/MC49E6>