

EXTRA. EXTRA.

# Opportunity IS KNOCKING

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## *Will you answer?*

The growing trend toward improving health-care performance and the delivery of care has forced health-care leaders in all settings across the country to rethink the way decisions are made in their organizations. Driving the improvements in quality and efficiency to achieve desired outcomes, especially in the face of increasing budget pressures, requires nursing leaders to incorporate the best available evidence into decisions, processes and practices.

Recognizing that health-care managers need tools and know-how if they are to effectively use evidence to innovate and propel change in their organizations, in 2004 the Canadian Health Services Research Foundation (CHSRF) created the Executive Training for Research Application (EXTRA) program. Immediately seeing the program's value, the Canadian Nurses Association (CNA) soon became one of its partners and most dedicated supporters. Recently, the foundation changed its name to the Canadian Foundation for Healthcare Improvement and adopted the [healthcareimprovement.ca](http://healthcareimprovement.ca) (HCIC) branding to better reflect its innovative role in Canadian health-care performance and delivery.

Since its inception, 233 senior health-care leaders have participated in the EXTRA program, including 71 nurses from all health-care settings and provinces. Each year, 28 new EXTRA fellows are given an unprecedented opportunity

### Why EXTRA?

- ◆ To learn how to use evidence, quality-improvement theory and change-management processes to initiate, manage and sustain a real-life improvement project in your home organization.
- ◆ To learn and to work as part of a small interdisciplinary team from your organization or with colleagues from another organization.
- ◆ For the chance to collaborate and network with world-class Canadian peers, mentors and coaches with improvement experience and skills.
- ◆ To return to your organization better prepared to accelerate change and to make evidence-based decisions.

to learn how to make evidence-based decisions from world-class mentors while developing lasting relationships with a network of peers from across Canada and across disciplines.

The 14-month EXTRA program consists of a series of online courses and three away-from-home residency sessions. Teams of two to four interdisciplinary members – from the same or different organizations – learn together about theoretical and applied models and work to identify evidence to help them solve a real issue in their organization. EXTRA fellows start by using evidence to identify and make improvements in a specific area of their organization; then they return to their home organizations with a plan to initiate, implement, manage and evaluate their own intervention project or change-

management initiative.

According to 2010 fellow Margot Wilson, “EXTRA is one of the few professional development programs that can drive concrete change in the organization while building organizational capacity. It is also one of the most effective programs to help current and aspiring nurse leaders inspire and lead cultural change in their organizations by putting evidence at the center of all their decision-making.”

With the ever increasing amount of research and evidence available and accessible, there's never been a better time to implement a culture of evidence-based decision-making in health-care organizations across Canada.

Opportunity to change decision-making in your organization is knocking. To answer the call and unleash the potential the EXTRA program offers, visit [healthcareimprovement.ca](http://healthcareimprovement.ca).

To view previous fellow's profiles and learn more about their intervention projects, visit [cna-aiic.ca](http://cna-aiic.ca).

### KEY DATES

2013 competition opens

DEADLINE FOR APPLICATION SUBMISSION

Notification of fellowship award

October 2, 2012

FEBRUARY 5, 2013

April 3, 2013



Canadian Foundation for  
**Healthcare  
Improvement**

**EXTRA**