



Canadian Foundation for  
**Healthcare  
Improvement**



**EXTRA**

## EXTRA – Newsletter article

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### **Leadership development: Opportunity is knocking. Will you answer?**

When nurses assembled for the 2012 Canadian Nurses Association Biennial Convention in June, they heard about the important role nursing can play in shaping health-care planning and delivery across the country. Emerging nurse leaders also got the chance to hear from peers and mentors about the Executive Training for Research Application (EXTRA) Fellowship Program — a program that helps health system managers expand their use of evidence in making decisions and to contribute leadership to their profession.

The Canadian Health Services Research Foundation (CHSRF) launched EXTRA in 2004 to increase evidence-informed decision-making in the health system. Since then, more than 70 nurses have graduated from the program.

“One of the reasons the EXTRA program has been so popular with emerging and existing nurse leaders is that it provides the necessary tools for a real-life intervention project that can improve their own organizations,” said Margot Wilson, EXTRA Fellow 2010. “EXTRA is also well-known for forging lasting peer networks.”

Using three away-from-home residency sessions, supplemented by online courses, the 14-month program gives interdisciplinary teams unprecedented access to mentors and experts from across Canada.

“EXTRA graduates return to their home organizations equipped to make decisions based on solid evidence that can bring lasting improvements to their organizations,” says Don Wildfong, Nurse Advisor from the Canadian Nurses Association, one of CHSRF’s EXTRA partners.

To learn more about the program, past EXTRA fellows and how to apply, visit [www.cna-aiic.ca](http://www.cna-aiic.ca).

Applications for the 2013 competition will be accepted from October 3, 2012 to 12 p.m. EST on February 5, 2013.

Also available is a CNA webinar on the program, called *Use Evidence to Inform Your Practice: CHSRF’s EXTRA Program*, at <http://www.cna-aiic.ca/en/events/cna-webinar-series>. The webinar offers help on preparing a strong EXTRA application and outlines how to optimize evidence-informed decision-making in a health organization.