



Comprehensive Research Experience for Medical Students
Summer Research Program 2019

Supervisor/Project Information Form

Due February 20 2019 by email to crems.programs@utoronto.ca

Supervisor Name: Ian S. Zenlea, MD, MPH

Project Title: Raising Awareness, Building Sensitivity, Co-Creating Strategies: An Innovative CPD Curriculum Pilot to Address Weight-Based Discrimination in Healthcare Through Lived Experience Educator Podcasts and Workshop

Hospital/Research Institution: Trillium Health Partners/Institute for Better Health

Email: Ian.Zenlea@thp.ca

Field of Research (2 keywords): Obesity; Weight Bias

Department: Institute for Better Health/Women's and Children's Program

School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes/No: If YES, please name:
No School of Graduate Studies Appointment

Project Title: Raising Awareness, Building Sensitivity, Co-Creating Strategies: An Innovative CPD Curriculum Pilot to Address Weight-Based Discrimination in Healthcare Through Lived Experience Educator Podcasts and Workshop

Brief Project Description (< 300 words): Negative attitudes, stereotypes, and misconceptions about people living in larger bodies are socially prevalent. Research shows patients have experienced weight-based discrimination in healthcare settings, which impacts care outcomes and access. Fostering weight-inclusive healthcare environments is key to providing patient-centered care regardless of body size. This pilot project will create novel continuing professional education curriculum (CPD) to raise awareness of weight bias/stigmatization, build sensitivity, provide strategies for addressing discrimination in practice, and evaluate for iteration and further research. The team will produce engaging podcast episodes with lived experience educators (LEEs), share the podcast with a select sample of hospital staff, host a workshop reflecting on content, and evaluate learning impact. This project was recently awarded funding through the **University of Toronto Continuing Professional Development's Research & Development Grant.**

The research questions we are exploring are:

1. What is the impact of the novel CPD curriculum on clinicians' awareness, attitudes and behaviours related to patients living in larger bodies?
2. What are learners' perceptions of this CPD curriculum as an educational tool (in particular in the context of a sensitive but critical topic)?
3. What is the feasibility of designing a CPD curriculum on a complex topic through lived experience education and podcast technology? What process learnings emerged from this work?
4. What are the optimal processes and approaches to support the involvement of LEEs in the co-production of educational tools focused on weight bias and stigma?

The study protocol will be submitted for REB review in March 2019 with expected REB approval by June 2019. The successful student will support the conduct of the study and the mixed-methods evaluation. Specific activities will include assisting with the design and co-production of the podcasts with the LEEs, survey administration and data collection, and workshop planning.