Supervisor & Project Information Form

Please complete and return via email ONLY to gdip.hres@utoronto.ca by **Monday September 30, 2019**

Supervisor Information

MUST have unrestricted SGS appointment (appointment to supervise graduate students)

Name: Dr. Noah Ivers	**Email:** noah.ivers@wchospital.ca
SGS Department: Department of Family & Community Medicine	**Field of Research:** Health Services
Research Institution affiliation (if applicable): Women's College Research Institute	**Location of Work:** Women's College Hospital
Student contact time (number of hours per week YOU are available to the student for any concerns or to review progress: As needed	

Project Information (will be posted on GDipHR website for student access)

TITLE: Screen While You Wait (SWYW): sleeping disorders/insomnia-pilot study

DESCRIPTION (MAX 500 WORDS): Insomnia can be caused by medical conditions, risky behaviour such as unhealthy sleep habits, use of specific substances, and/or certain biological factors. This project aims to help patients improve their health through screening and treatment of insomnia/sleeping disorder.

Our proposed project will test the effectiveness of digital patient-initiated screening at the WCH Family Practice for insomnia, building on work from the first iteration of SWYW. We will email patients a secure link to a survey with screening questions assessing insomnia and important contextual factors. The results will be summarized in the patient's electronic medical record (EMR) with an automatic notification to the primary care provider (PCP). If the survey reveals risky behaviours or medical condition associated with insomnia, both the PCP and patient will receive a package of tailored resources for further care delivered through an innovative web-based app.

This study builds on the success of the initial iteration of SWYW, which enabled patient-initiated screening regarding physical activity, implemented EMR-based prompts, and provided tailored resources. We hypothesize that this program can be successfully expanded to improve evidence-based, patient-initiated screening for insomnia in primary care. We will explore if this, in turn, results in increased intervention by the PCP for patients with insomnia, and, ultimately, in changes to these risky behaviours or medical condition.

The innovation developed for the proposed study is two-fold. First, an extension of the existing digital platform to deliver secure screening for insomnia, which can conveniently be completed by patients at home. EMR integration will allow for prompts to the PCP, highlighting risky behaviour/medical condition and suggesting potential clinical actions. Secondly, development of a novel web-based app that aggregates existing, high-quality, resources for both patients and PCPs, based on relevant clinical and contextual factors.

This project will influence patient care by implementing a practical solution to patient-initiated screening for insomnia and assessing its impact. Enabling patient-driven screening is shown to accurately improve screening rates by removing traditional barriers to screening. PCPs will benefit from an efficient approach to identification of patients with risky behaviours/medical condition, while both patients and PCPs will benefit from a toolkit of tailored resources to guide further care in a patient-centered manner.

If human subjects are involved, have the appropriate Research Ethics Board approvals been obtained?

☐Yes   ☒No   ☐Application Submitted (Date: _____)

Do you expect this work will be published within the 20 months?

☒Yes   ☐No   ☐Uncertain / Other

Student Roles & Responsibilities (*please be as specific as possible*)

Please indicate who will serve as the student's direct report for daily oversight (PI, PhD student, technician, etc.)

The student will be intricately involved in all stages of project implementation including tasks such as controlled documentation development, patient recruitment, data collection, database management, data cleaning, etc. As data are collected there will also be an opportunity for the student to be involved in data analysis, reporting, knowledge translation, and so on. The student will receive mentorship through meetings with the Principal Investigator and will have the opportunity to lead manuscripts and presentations, under the guidance of experienced research team members. The student's direct report for daily oversight will be the relevant Research Coordinator.