Comprehensive Research Experience for Medical Students
Summer Research Program 2021
Supervisor/Project Information Form

Due February 24, 2021 by email to crems.programs@utoronto.ca

**Supervisor Name:** Dr. Tara Burra

**Project Title:** Implementing and sustaining measurement based psychiatric care using a quality improvement approach

**Hospital/Research Institution:** Mount Sinai Hospital, Sinai Health

**Email:** tara.burra@sinaihealth.ca

**Field of Research (2 keywords):** Quality improvement

**Department:** Psychiatry

**School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes/No:** No

If YES, please name:
Brief Project Description (<300 words):

The past decade has yielded ample research-based evidence of the effectiveness of measurement-based care (MBC) in psychiatry, encompassing pharmacological, psychotherapeutic, and neurostimulation interventions. MBC has demonstrably improved multiple clinical outcomes, including: reduced symptom burden on patients, increased social functioning, enhanced patient-clinician relationships, and lowered treatment costs. However, there is a gap between research and implementation in clinical practice: MBC has not yet been integrated into routine psychiatric care in most clinical settings, including academic teaching hospital clinics. Further research guided by implementation science is required to understand and overcome the barriers to initiating and sustaining MBC in the provision of mental health care. This project is an opportunity to advance both training and clinical care objectives while also contributing to MBC scholarship.

The project will employ quality improvement (QI) methodology, developed by the Institute for Healthcare Improvement, to study the introduction, efficacy, and sustainability of MBC in the general psychiatry teaching clinic at Sinai Health. Specifically, the objectives of the project include: (1) to review the MBC literature to define enablers and barriers to implementing MBC in the Sinai Health clinical setting and then develop change ideas to be tested in rapid, iterative QI cycles; (2) to use QI methodology to study clinician, trainee, administrative staff, and patient experience of implementing MBC using an online platform, Greenspace, in a pilot group of faculty and psychiatry residents; (3) to disseminate the use of MBC with the Greenspace platform at Sinai Health amongst all general psychiatry clinic supervisors and trainees. A research student participating in this project will be involved in achieving all of the project’s objectives, namely: studying the MBC literature, collecting primary data (quantitative and qualitative) for the QI cycles, analyzing the data using QI methodology, and co-authoring a manuscript for publication.