PROJECT AT A GLANCE:

iHEAL IN CONTEXT: TESTING THE EFFECTIVENESS OF A HEALTH PROMOTION INTERVENTION FOR WOMEN WHO HAVE EXPERIENCED INTIMATE PARTNER VIOLENCE

PROJECT GOAL:
To test whether iHEAL, an evidence-based health promotion intervention already tested in three specific groups of women, helps those who have left an abusive partner lead healthier, safer, more satisfying lives.

PROJECT OBJECTIVES:
- To refine iHEAL to make it appropriate for all women
- To engage rural and urban partners to tailor the iHEAL to fit with their different contexts
- To study, in Ontario, British Columbia and New Brunswick (NB), whether iHEAL improves women’s health and quality of life, compared to finding support or services on their own
- To adapt iHEAL for NB’s Francophone women so it’s acceptable, feasible, and beneficial
- To share project lessons with stakeholders to enhance supports and services for all women

PROJECT ACTIVITY HIGHLIGHTS:

Refine the intervention
* Identify lessons from earlier studies to improve iHEAL
* Revise iHEAL to strengthen it’s fit and impacts for ALL WOMEN
* Update the iHEAL manual and materials used by nurses, partners and women

Standardize delivery of the intervention
* Create a standardized training program to prepare nurses to work with women in iHEAL
* Develop guidelines for supervising & supporting the nurses

Prepare for the trial
In each province:
* Engage stakeholders about offering iHEAL locally
* Confirm 2-3 study sites
* Consult with local partners about how to tailor iHEAL to community
* Hire and train nurses and supervisors to offer iHEAL to women

Conduct the trial
* Recruit 280 study participants
* Pre-iHEAL assessments
* Assign women to iHEAL or usual care
* Offer iHEAL for 6 months
* Post-iHEAL assessments
* Interview nurses, women, & partners
* Analyze and summarize findings

Adapt iHEAL for Francophone women in New Brunswick
* Engage Francophone stakeholders
* Conduct community consultations
* Adapt iHEAL for language and culture
* Explore iHEAL’s acceptability, feasibility and initial impacts

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