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 <u>all</u> 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 LEADS:







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 WÖMEN
- *Update the iHĖAL 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 quidelines for supervising & supporting the nurses

Prepare for the trial

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

Conduct the trial

- *Recruit 280 study participants
- *Pre-iHEAL assessments
- *Assign women to iHEAL or usual care
- *OfferiHEAL 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 acceptibility, feasibility and initial impacts