

## The Liz da Silva “Someone believes in me” Dietitian Award: Guidelines (2023/2024)

<b>Full application deadline</b>	Friday, June 30, 2023, 5 p.m. PDT
<b>Value</b>	Up to \$1,500 (dependent on project being proposed)
<b>Duration</b>	One year
<b>Results announced</b>	August 2023
<b>Award start date</b>	As appropriate to project and required approvals

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***Research and quality improvement initiatives matter because it is how we transform patient and population health.***

Do you have an idea of how things can be improved? Are you curious about how things could be changed? Feel intimidated to take this on? That is completely understandable. However, I am here to tell you that you can absolutely do this. As a Registered Dietitian, you already have a finely-tuned mind trained to think critically. With FH's Department of Evaluation and Research Services to support and coach you, you will succeed and grow. More than ever, we need minds like yours to help optimize the experiences of those engaging with Fraser Health. So, push past your discomfort, take a risk, and apply for this award. You won't regret it!

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**- Liz da Silva, MSRD**  
*Research Dietitian, Fraser Health*

## 1. Purpose

The Department of Evaluation and Research Services at Fraser Health is pleased to administer the Liz da Silva “**Someone believes in me**” dietitian award in memory of Liz and the impact she had on research at Fraser Health.

Liz da Silva joined Fraser Health Authority in 1989 as a Registered Dietitian in Critical Care. In her most recent role starting in 2016, she served as a Research Dietitian, a first of its kind role within Fraser Health which she advocated for and created through her vision and passion for the importance of evidence-informed practice. Having conducted practice-based research for more than a decade, Liz was a fierce advocate for research in dietetics. Liz’s research on the role of vitamins and minerals in gerontology and chronic disease has made important contributions to the literature and to dietary practice. Everyone who has had the privilege to work with Liz is inspired to think outside the box, challenge status quo, become problem solvers and innovators in whatever capacity available to them, and aim for excellence. It is with this in mind that we carry on the legacy and honour the memory of Liz with this award.

The annual “**Someone believes in me**” dietitian award was created to continue Liz’s meaningful work of supporting research, evaluation or quality improvement activities in dietitian services at Fraser Health. The purpose of this award is to motivate dietitians, novice to research, evaluation or quality improvement to start new projects that will generate new practice-based knowledge in dietetics.

## 2. Eligibility Criteria

Applications to this award must be submitted by a *Principal Applicant (PA)*. The PA must:

- Be a registered dietitian with a regular position within Fraser Health
- Be submitting this application to support their first project as a PA and
- Have not held any research funding as a PA (i.e., a grant) previously

Applications to this award could involve a research, evaluation, quality improvement (QI), or a knowledge mobilization project. As such, trainee residency (unless part of a QI project) and community development projects are **not** eligible for funding by this program. Moreover, research conducted as part of an academic requirement (e.g., student projects) are also **not** eligible for funding.

In alignment with Fraser Health’s vision, values, and commitment to quality and patient-centered care, Research and Evaluation at Fraser Health aims to achieve excellence in knowledge production and use by fostering a culture of research and evaluation practices that promote equity, diversity, and inclusion. We therefore highly encourage projects that consider systematic barriers, biases, and inequities that persist for Indigenous Peoples, other racialized groups, people with disabilities or specific health conditions, LGBTQ2+ communities, women, and others who experience stigma, discrimination, or marginalization.

### 3. Eligible Expenses

The Liz da Silva “**Someone believes in me**” dietitian award will support project activities lasting up to 1 year. The maximum amount for a single award is \$1,500.

The funds may be used to support research, evaluation, quality improvement, knowledge mobilization or professional development activities undertaken by the principal applicant, including but not limited to:

- Research staff salaries, such as for data collection and data entry, focus group moderators, transcription services, research assistants (note: applicants are not considered research staff)
- Back-fill of existing position to provide ‘protected’ time for applicants
- Fees paid to participants, such as modest incentives to participate, as long as approved by the FH Research Ethics Board
- Costs related to team meetings, such as transportation and parking expenses
- Travel costs for the purposes of data collection, participant recruitment, etc.
- Conference registration and travel costs (e.g., flight, accommodation, meals) if chosen to present a poster or oral presentation (**Must abide by FH [Travel Policy](#) guidelines**)
- Purchase of supplies, including but not limited to: office supplies, standardized questionnaires, audio recording equipment, physical assessment tools and equipment, software for analyzing qualitative focus group and interview data, etc. (Must be purchased through FHA Supply Chain, if possible.)

Fraser Health policies regarding use of funds will be in effect.

### 4. Review Process

Applications for the Liz da Silva “**Someone believes in me**” dietitian award are evaluated by a peer review committee. Each application will be reviewed by: a staff member from the Department of Evaluation and Research Services, a dietitian that has research experience, and a patient partner.

Applications will be judged on:

- **Potential excellence of applicant (5 points):**
  - Applicant qualifications, including training, experience, independence, and productivity, relative to career stage
- **Impact of research, evaluation, quality improvement, knowledge mobilization or professional development activity (5 points):**
  - Clarity of proposal writing
  - Addresses a significant need or gap
  - Potential for creation of new knowledge and contribution to improvement of dietitian services in FH region and/or beyond

Following the review process, we will inform each applicant of the outcome of the evaluation of their application. The results will be announced in August 2023. If awarded, you should acknowledge the support you receive from this award when submitting publications, project reports, and other outputs of the project.

## The Liz da Silva “Someone believes in me” Dietitian Award:

### Application Form

Send this completed application via e-mail to Ashley Kwon at [ashley.kwon@fraserhealth.ca](mailto:ashley.kwon@fraserhealth.ca)

Applicant Information	
<b>Principal Applicant</b>	
Full name:	
<div><div>Last</div><div>First</div></div>	
Discipline and job title:	
Department and Work Site(s):	
<b>Describe any relevant professional leadership and other accomplishments:</b>	
<b>Describe any relevant research, evaluation, quality improvement-related activities</b> (e.g., attending workshops, participating in collaborative projects, etc.):	
<b>Describe relevant knowledge mobilization activities</b> (e.g., presentations, publications, etc.):	

Project Information
<b>This project is:</b> <input type="checkbox"/> Research <input type="checkbox"/> Quality improvement <input type="checkbox"/> Evaluation <input type="checkbox"/> Knowledge Mobilization
<b>Why are you applying for this award?</b> (100 words max.) State the problem/issue to be addressed or improved upon.
<b>What do you plan to do?</b> (300 words max.) State the goals, objectives and action items of your activity.
<b>What is the potential significance or impact?</b> (200 words max.) State what this activity will achieve, and what it will contribute to the literature, to health care in and out of FH, or to your professional development.
<b>Budget</b> (150 words max.) Indicate how much funding you need (up to \$1,500) and how these funds will be spent. Indicate the importance of this expense for moving forward research, evaluation, or QI initiatives in dietitian services.