



CREATING A WOMEN'S XCHANGE COMMUNITY

As a centre with a focus on community collaboration, Women's Xchange believes that research findings and practices should be shared broadly, to include not just academic researchers and healthcare professionals, but also community members and advocates, policy leaders, students, patients, and families. Health knowledge is only beneficial if it is shared.

Each year Women's Xchange holds two conference style events – one in the spring and the other in the fall. Both events focus on a range of timely topics related to women's health research, including mental health, social media, invisible labour, healthy sexuality, substance abuse, equity and more.

The events are designed to promote women's health research, frontline health programs, profile our most recent \$15K Challenge projects and innovative student research projects taking place at Ontario's universities.

Through panel discussions with guest speakers and lively Q&As we encourage critical discussions on the topic at hand.

Our events allow attendees from across the province to engage and connect with their peers. "We believe that knowledge translation, the sharing of research information, is pivotal. The research community is moving away from its insular approach towards one that engages with communities to inform them and in turn learn from their experiences," said Robin Mason, scientific lead. Through our events, ten to date, we have created a Women's Xchange community.

"Thank you to you and your team for putting on such an inspiring and enriching event! I came away with so much respect for all the women who do ground-breaking research that can make a positive impact in the lives of the women and girls they engage and collaborate with. "

"Women's Xchange program, THANK YOU! I was fortunate enough to attend today's event on women's mental health and stigma. As a 4th year undergrad student trying to figure out my next steps, I found this event informative & inspiring. "

WHY DO WE NEED KNOWLEDGE TRANSLATION?

- Knowledge Translation is "the synthesis, dissemination, exchange and ethically-sound application of knowledge to improve health, health service delivery and the healthcare system." [8]
- There is consistent evidence of the failure to translate research findings into clinical practice.
 - 30-45 per cent of patients do not get treatments of proven effectiveness
 - 20-25 per cent of patients get care that is not needed or potentially harmful
- Cancer outcomes could be improved by 30 per cent with the optimum application of what is currently known. [9]