

# Developing a Knowledge Translation Plan

## What it is:

Knowledge translation (or 'KT') is an umbrella term for processes clinicians can follow to reduce the gap between what is known to work and what is actually adopted in practice or policy. It looks at the processes that affect how evidence is generated, communicated, and utilised as well as barriers to the transfer and uptake of this knowledge.

## Why it matters:

Accelerating the rate at which health research is adopted in practice:

- Makes effective care more quickly available to the people who need it.
- Prevents the promotion of ineffective or even dangerous therapies and approaches.
- Ensures better use of health care resources.

Quality Improvement informed by evidence is an example of KT aimed at making changes at the local level. For this and projects involving more stakeholders and greater complexity a structured approach with clear inputs and outputs helps.

## How CareSearch can help

### Step 1: Familiarise yourself with KT and what it means.

Click on the [Evidence Centre](#) in the main menu to open the submenu.

Click on the [About Evidence Translation](#) section.

### Step 2. Define and understand the issue and options.

KT begins with identifying a practice problem that impacts patient care and is serious enough to invest time and resources to address it. This might be highlighted for example through staff observation, complaints, service benchmarking reports against standards or expected outcomes, or awareness of innovative practices. Improvement begins with defining the issue or question and using this to review relevant evidence and information.

Click on the [Evidence Centre](#) in the main menu to open the submenu.

Go to the [Evidence Training](#) hub, click on [Evidence Tools](#) and use one of the downloadable mnemonics frameworks to clearly define your question. To look for evidence and information to develop your understanding of the issue and potential responses including the benefits and risks of each follow the 7-steps to Information and Evidence in CareSearch guide.

### Step 3: Establish a working group and present them with a summary of your findings and proposal.

Having the support of team members when implementing change is important and engaging with them at an early stage fosters ownership and commitment to making and sustaining changes.

Provide group members with a summary of the issue, key considerations, and the options for improvement uncovered through your review of evidence.

### Step 4: Understand core KT activities before selecting your TMF.

There are hundreds of theories, models, and frameworks (TMF) available to guide your KT program. Some or all of the following key activities are included in KT programs and to select the most appropriate TMF it helps to understand what each involves:

- Dissemination
- Planning
- Implementation
- Evaluation
- Sustainability

Click on the [Evidence Centre](#) in the main menu to open the submenu.

Go to the [Translation Training](#) hub, click on [Evidence Translation in Practice](#) pages to learn more about each of these activities and what they contribute to KT.

### Step 5: Selection of appropriate Theories, Models and Frameworks.

Return to the About Evidence Translation section and go to the TMF tab to access the Health Research Practice TMF selector to help you choose which might be best for your project.

Consider what models are currently being used by your organisation and any models that members of the team are familiar with.

Together with your team use the selected TMF to guide how to implement changes, and how you will evaluate any impact.

### Step 6: Plan how and to whom you will disseminate the outcomes of the project.

This is important for sustaining change and developing a culture of best practice.

Visit [CareSearch Evidence Translation Training](#)

