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## **Making an impact: Using integrated knowledge translation to build KT plans**

All researchers have the obligation to disseminate their work to appropriate audiences in an effective manner. Early career researchers and trainees are generally aware of this fact, but the skills needed to develop a KT plan - or to apply an integrated KT approach to dissemination - are seldom emphasized or taught. Co-production (or IKT) methods can be applied to dissemination planning to achieve greater impact. In this pre-conference workshop you will

1. Learn about the three categories of knowledge translation and how they apply to KT planning.
2. Identify the key elements of strong KT plans and KT plans that use an integrated KT approach.
3. Apply the strategies of IKT to design effective KT plans.

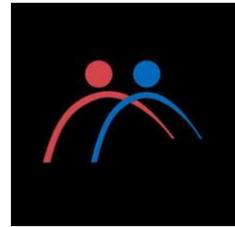
### *Workshop Structure*

The workshop will consist of three components:

1. An interactive, skills-oriented presentation that will provide practical strategies for applying the strategies of integrated knowledge translation to end-of-grant and end-of-project KT planning.
2. Group study period, where participants will have the opportunity to draft a KT plan based on a sample research project.
3. A facilitated group discussion of participants' KT plans.

### *Seminar Outline*

- 1. Objectives, expectations and introductions (15 min.)**
- 2. What is Knowledge Translation? (15 min.)**  
To ensure that all participants are speaking the same language we will begin by defining knowledge translation, summarizing the evidence and theory that underpin it, and describing the three categories of KT.
- 3. Exercise 1: A broken KT plan (25 min.)**  
This will be the foil to our efforts to design effective KT plans. Participants will be asked to design a broken KT plan, explaining the key flaws that stop it from working.
- 4. How to design a knowledge translation plan (25 min.)**  
We will present the five stages in designing an effective knowledge translation plan and instruct participants on how to use KT planning guides, using the CIHR guide as an example. For those new to KT planning, this may be the most useful section in the workshop. For more advanced participants this section will still be useful because the same framework will be used when we apply the integrated knowledge translation approach.



**Break (15 min)**

**5. Adapting integrated knowledge translation research (i.e., co-production) strategies for KT planning (25 min.)**

Integrated knowledge translation, also known as co-production, is an approach to the production of research where researchers and knowledge users collaborate as equal partners. We will explain how the same principles can be applied to preparing knowledge translation plans for grant proposals and for the end of completed research projects.

**6. Exercise 2: Design a KT plan using IKT strategies (45 min.)**

Participants will receive a summary of a research project from the grant proposal stage and a summary of the same project when it is complete and the findings are available. Half of the groups will design a KT plan for the proposal stage and the other half will design a KT plan for the end-of-project stage. *[Participants will have 20 minutes to design their plans. We will then have a 10 minute break, at which time two groups will be selected to prepare slides summarizing their plans, one for each stage. Subsequent presenters will add to their work].*

**Questions and discussion (15 min.)**

*Your Workshops Facilitators*



**Dr. Ian Graham** is Senior Scientist in the Clinical Epidemiology Program of the Ottawa Hospital Research Institute and Professor in the department of Epidemiology & Community Medicine, of the University of Ottawa. His research focuses on knowledge translation (the process of research use) and conducting applied research on strategies to increase implementation of evidence-informed practice.



**Anita Kothari** is an Associate Professor in the School of Health Studies at the University of Western Ontario. She has two main areas of research expertise. First, her work focuses on developing a greater understanding of knowledge translation (KT) in community-based organizations and identifying the factors that influence the successful implementation of KT initiatives into practice.



**Chris McCutcheon** is a knowledge translation expert who specializes in IKT and health services and policy research. He is currently the manager of the Integrated Knowledge Translation Research Network at the Ottawa Hospital Research Institute. For close to a decade he designed and managed applied research programs for the Canadian Health Services Research Foundation and authored several of their dissemination products.