

### Components, Recommendations and Resources

Knowledge translation (KT) is the “dynamic and iterative process that includes synthesis, dissemination, exchange and ethically-sound application of knowledge to improve the health of Canadians, provide more effective health services and products and strengthen the healthcare system.” [CIHR KT Definition](#)

<b>Knowledge Synthesis</b>	Systematic collation, contextualization and integration of available data/literature on a given topic. Provides information on what is known and informs where there are information gaps.
<b>Dissemination</b>	Researchers share findings with the message and method of sharing tailored to specific audiences.
<b>Knowledge Exchange</b>	Interaction between researchers and knowledge users exists resulting in mutual learning, collaborative research, problem-solving and mutual benefit.
<b>Application</b>	Iterative process to move research into action/practice.

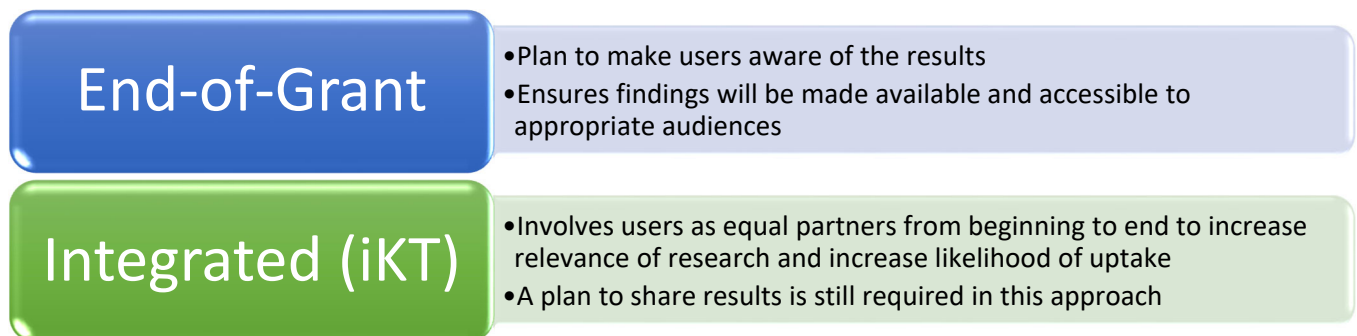
#### Importance of KT in CIHR Project Grants:

KT is captured across all 3 evaluation criteria (significance & impact of research; approaches & methods; expertise, experience & resources) highlighting the importance of integration despite the lack of a required KT plan or section. KT is evaluated when assessing the **project’s feasibility**, its **potential for impact** and the **team’s capability to achieve the proposed impacts**.

Competitive applications weave KT throughout the application narrative (eg., participants, summary, most significant contributions, methods, research team, KT/dissemination plan, expected contributions/impacts, budget, budget justification, letters of support). Do NOT treat as a secondary piece.

A **basic/mechanistic impact** is as important as **translational impact**. **Impact does not only mean near-future clinical relevance.**

#### Types of KT at CIHR:



Involving users in your project increases the relevance of the research to those users, increases the likelihood for adoption/uptake and thus, increases the likelihood that the proposed contributions & impacts will be realized. **You can include users in your research *without* taking an iKT approach.** Users can be engaged from beginning to end (iKT approach) or at any point in the research process.

**For projects taking an iKT approach,** remember your application needs to demonstrate:

- How the idea has been validated as important to partners and/or knowledge users; **and**
- How partners and/or knowledge users will be meaningfully involved in informing and/or implementing the project, and using the results.

**NOTE:** If you choose to flag the Partnered/iKT special consideration, at least one of your knowledge users and/or partners must be a Principal Applicant.

### What does KT involve?

Engaging and sharing research findings using strategies tailored to your audiences and/or partners and/or knowledge users. **KT is the mechanism through which research outcomes/impact are realized.**

### What are the benefits of KT to your research?

- Increases the uptake and adoption of research resulting in increased impact and benefit through enhanced accessibility and interaction of research
- Facilitates connections among diverse stakeholders and supports collaboration through events and networking eg., tapping into existing networks and/or communities of practice, targeted organization/association presentations, conferences, workshops etc.
- Increases awareness of empirical evidence on a topic eg., public and provider engagement strategies such as presentations, media interviews, use of social media, patient champions and academic approaches such as integration into existing residency training, manuscripts, literature reviews etc.
- Changes systems and behaviour through mechanisms such as policy engagement and influence, curriculum development, clinical guidelines etc.
- Increases reach of research content through plain language writing and translation using multi-media strategies eg., data visualizations, videos, infographics, arts-based initiatives, interactive presentations, podcasts etc.

### What does a KT strategy or plan include?

The Western Research [Knowledge Exchange Canvas](#) can help you think through your KT plan ensuring it is both appropriate, tailored to your research and targeted audiences, and innovative.

#### KT Big Five:

- **WHO:** Identify your target audiences and knowledge users that will use your research. Identify the messenger that will share the research (eg., researcher, community leader, patient champion etc.). Consider both those within academia (other researchers,

disciplines/fields, students etc.) **AND outside of academia** (practitioners, policy experts, organizations/associations etc.). An effective plan will often involve sharing research among multiple audiences in multiple formats.

- **WHAT:** What findings from your research would you like to share and what tangible form will they take (eg., outputs such as tool development, videos, articles etc.) and outcomes will be achieved (eg., improved care processes, informing a multi-centre RCT etc.) aligned to each audience and their needs.
- **HOW & WHEN:** Describe how you will get your outputs into the hands of each target audience (ie., your KT strategies) and how they will access/use your outputs. Consider reach and accessibility. Does the team have prior experience with the proposed output and/or strategy? Make your plan concrete with timeline for completing your KT activities.
- **WHY:** Briefly state the anticipated outcomes/impact and link these to your KT goals. Consider including markers and targets for measuring uptake and impact (eg., social media analytics, number of attendees, number of downloads etc.).

### Advice & Tips

- **Highlight areas of co-production and co-creation.** This increases relevance of your research and increases the likelihood for impact.
- **Build on existing partnerships and experiences.** Describe the interest/investment/groundwork already laid. This increases the feasibility of your plan and demonstrates commitment in the adoption of your research.
- **Make your plan feasible.** Align to your budget and avoid over promising.
- In keeping with the Tri-Agency Open Access Policy on Publications, consider utilizing open access forms of dissemination including open access publications, websites, publicly accessible databases and/or Western's institutional repository Scholarship@Western.
- **Where appropriate, integrate equity, diversity and inclusion (EDI) principles** into your plan (eg., disseminate material using specific hashtags on social media, adopt proactive strategies to mitigate barriers to access for target populations/areas that typically do not have access to the tools/knowledge generated etc.).
- **Reach out early for support!** For applications being submitted through Western, we offer consultations to develop your KT plan, integrate into your application, and review draft applications. Support for Partnered/iKT projects and Indigenous research projects is available.

### Resources

- Knowledge Exchange and Impact at Western Research (including link to the KEx Canvas)
- Contact **Mariam Hayward, Knowledge Exchange and Impact Manager, Western Research** ([mariam.hayward@uwo.ca](mailto:mariam.hayward@uwo.ca)) for support and assistance
- CIHR KT Resources and Training Tools
- Guide to KT Planning at CIHR: Integrated and End-of-Grant Approaches