Research and Research Translation 101

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What is research translation?

Defined by The World Health Organization (WHO) as:

'the synthesis, exchange, and application of knowledge by relevant stakeholders to accelerate the benefits of global and local innovation in strengthening health systems and improving people's health.'[1]

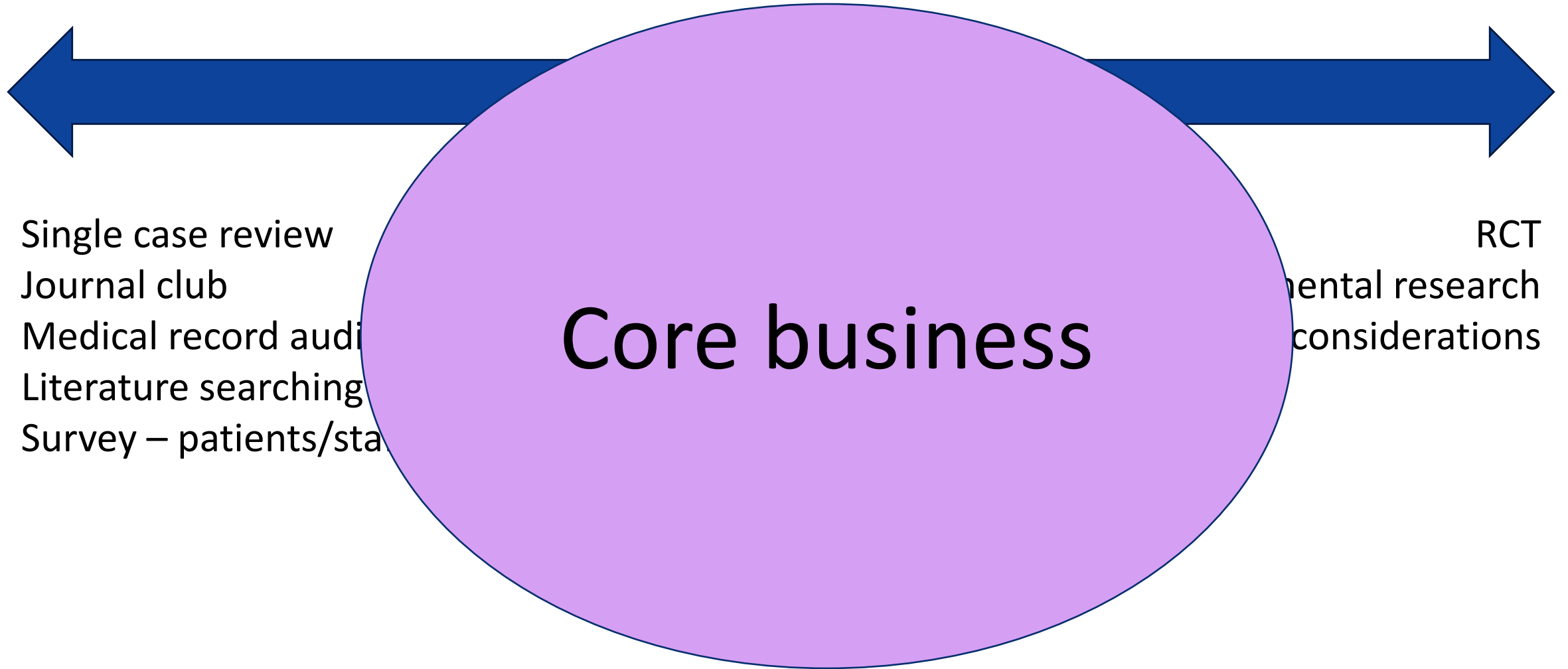Also known as **'knowledge transfer'**, **'knowledge translation'** or **'research implementation'**.

*Taking guidelines, policies, procedures, and things we have learnt from research, quality activity and service evaluation and putting it to **contextual** real-world practice in a **sustainable** way.*

The spectrum of activity

Research	Quality	Service evaluation
Tests a hypothesis or aims to create new knowledge e.g. RCT, designed on a scientific framework, rigour	Uses what we know to monitor or improve the quality of a service e.g. Audit, changing treatment format	Determining the value of a service - Process evaluation (Are there ways to improve on the way a service is delivered?) - Impact evaluation (is what we are putting in place effective?)

Large spectrum

Single case review

Journal club

Medical record aud...

Literature searching

Survey – patients/sta...

Core business

RCT

...mental research

...considerations

Getting started

Key steps
Discuss idea with clinical supervisors/manager/peers • Feasibility • Align with current priorities /values of the department/organisation? • Is it being trialled elsewhere (even another organisational department)?
Engage your research translation coordinator (if available)
Develop a PI/ECO
Visit the literature and current guidelines – • Has your question been answered? • Can it be translated?
Identify key stakeholders

How do I know what my question is?[2]

P – Population

The people impacted by your research/QI activity/research translation.

I – Intervention*

What treatment or intervention will you introduce? E.g. medication

E – Exposure*

The condition/element the population are exposed to. E.g. bushfire smoke

C – Comparison

What you will compare the intervention or exposure to.

O – Outcomes

What you will measure and what your outcomes will be.

*Intervention and Exposure are interchangeable

2 minute activity – develop your PI/ECO

P – Population

People undergoing radical prostatectomy

I – Intervention

Pre-operative pelvic floor muscle training

C – Comparison

Post-operative pelvic floor muscle training only

O – Outcomes

Post-op urinary incontinence

Reviewing the literature

**Developing a search strategy -
Medical/clinical librarian (take chocolates)**

- What do we **know**? (Google scholar, Cochrane, etc.).

- What are the **gaps**? What don't we know?

- Are we *translating*, *expanding* on or *generating a new* idea?

- Which **context** interests me?

- What questions do I have? Or what is **THE** question?

Your research question

Make it specific and detailed

What is the best treatment for cancer?

Do people with prostate cancer who participate in pelvic floor muscle training prior to radical prostatectomy have improved post-surgical urinary incontinence outcomes compared with those who perform post-operative exercises only?

Develop your own question (2 minutes)

Do people with prostate cancer who participate in pelvic floor muscle training prior to radical prostatectomy have improved post-surgical urinary incontinence outcomes compared with those who perform post-operative exercises only?

Engaging your team

Setting	Individuals	Level of engagement[3]
Outer: • Government agencies • Council • Professional organisations • Special interest groups • Universities • Suppliers	E.g. Bill Smith	Inform Consult Involve Collaborate Empower
Inner: • Executives • Managers • Clinical staff • Finance • Consumers	E.g.: Jane Peters	

iap2 public participation spectrum

developed by the international association for public participation

	INFORM	CONSULT	INVOLVE	COLLABORATE	EMPOWER
PUBLIC PARTICIPATION GOAL	To provide the public with balanced and objective information to assist them in understanding the problems, alternatives and/or solutions.	To obtain public feedback on analysis, alternatives and/or decision.	To work directly with the public throughout the process to ensure that public issues and concerns are consistently understood and considered.	To partner with the public in each aspect of the decision including the development of alternatives and the identification of the preferred solution.	To place final decision-making in the hands of the public.
PROMISE TO THE PUBLIC	We will keep you informed.	We will keep you informed, listen to and acknowledge concerns and provide feedback on how public input influenced the decision.	We will work with you to ensure that your concerns and issues are directly reflected in the alternatives developed and provide feedback on how public input influenced the decision.	We will look to you for direct advice and innovation in formulating solutions and incorporate your advise and recommendations into the decisions to the maximum extent possible.	We will implement what you decide.
EXAMPLE TOOLS	• Fact sheets • Websites • Open houses	• Public comment • Focus groups • Surveys • Public meetings	• Workshops • Deliberate polling	• Citizen Advisory committees • Consensus-building • Participatory decision-making	• Citizen juries • Ballots • Delegated decisions

Who's on your team?

5 minute exercise

Source: IAP2 (2007)[3]

Protocol

A document that outlines what you intend to do:

- Safeguards the safety and well-being of participants
- Describes the aims, objectives and associated procedures
- A "manual" or "action plan"[4]

Required for QA and ethics submissions

Research training/experience opportunities

- Stepping into Research

- Supporting Translation of Research in Rural and Regional areas – emerging researcher training program

- Research mentors

- Involvement in existing projects
  - Literature searching
  - Protocol development
  - Data collection/extraction
  - Data analysis
  - Abstract screening for systematic reviews

- Higher degree research

Key messages

- Research does not need to be big and scary!

- Defining your question is important

- Don't reinvent the wheel

- **DO NOT** shoulder it alone
  - Managers/peers
  - Research translation coordinators
  - Librarians
  - Stakeholders
  - Ethics office

Thank you

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References

1. Cited in, Rapid response: knowledge translation mechanisms to translate evidence into public health policy in emergencies. Copenhagen: WHO Regional Office for Europe; 2021 https://apps.who.int/iris/handle/10665/341972, accessed 6/12/2022

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4. Al-Jundi A, Sakka S. Protocol Writing in Clinical Research. J Clin Diagn Res. 2016 Nov;10(11):ZE10-ZE13. doi: 10.7860/JCDR/2016/21426.8865. Epub 2016 Nov 1. Erratum in: J Clin Diagn Res. 2016 Dec;10 (12):ZZ03. PMID: 28050522; PMCID: PMC5198475.