



Knowledge Translation

“Moving knowledge to action to improve the health of Canadians” - Health Canada

What is Knowledge Translation?

The application of knowledge into action to improve health, provide more effective health services and resources, and strengthen the healthcare system

Importance of Knowledge Translation

- Bridges the gap between researchers and health practitioners
- Patients, healthcare professionals & policy-makers gain a better understanding of healthcare alternatives, benefits, and risks to make informed decisions
- Allows for equitable healthcare policies to be made



Elements of Knowledge Translation

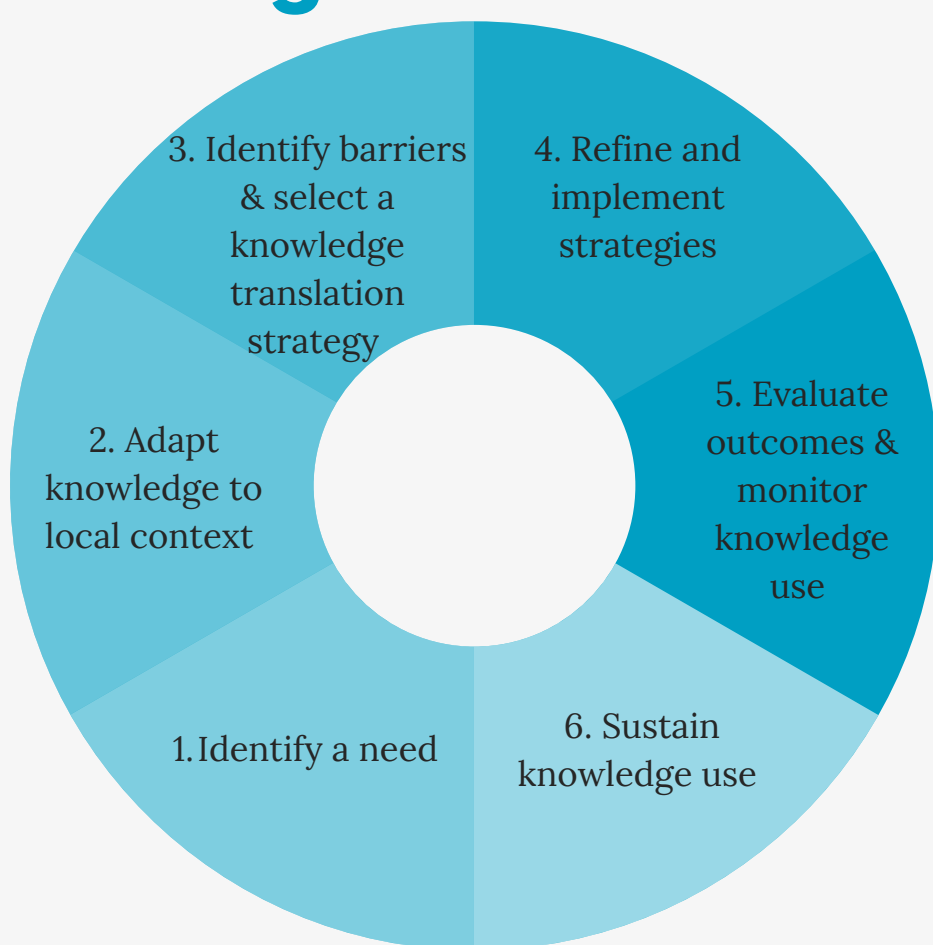
Synthesis: compilation of research findings from multiple studies on a specific topic

Dissemination: process of spreading information through messages tailored to specific audiences

Exchange: the passing of information between researchers and knowledge users (decision-makers, practitioners, patients)

Application: process of when research findings are put into practice

Knowledge to Action Model



Test Your Understanding!

- All of the following are elements of knowledge translation, except:
 - synthesis
 - exchange
 - dissemination
 - application
 - analysis
- Sharing research findings, insights, and experiences is what knowledge translation is all about
 - True
 - False
- The choice of knowledge translation strategy to use should be driven primarily by the need identified:
 - True
 - False
- A systemic review examining goal setting as a health behaviour change strategy in adults with obesity exemplifies which element of knowledge translation?
 - synthesis
 - exchange
 - dissemination
 - application

Answer Key:

1. (e) analysis, 2. (a) true, 3. (a) true, 4. (a) synthesis