Practical KT:
Ensuring Relevance & Use

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Purpose

• ‘Knowledge Translation’ aims to reduce the knowledge to practice gap, yet often rigorous KT strategies are not practical.
• This presentation include two practical KT strategies that have been developed and refined through a number of our federally funded projects that involved KT.
Outline

• Why do we need practical KT strategies?
• Description of two practical strategies
  – Strategy 1: Consumers as experts
  – Strategy 2: National review process
• Benefits of practical KT
• Looking ahead
Why do we need practical KT strategies?

• Emphasis has been placed at the top of the hierarchy of evidence, which isn’t always practical.
Why do we need practical KT strategies?

• Systematic reviews are costly and not timely.

• High quality SRs are necessarily narrow in focus (does A work better than B), so alternative synthesis methods are necessary to answer broader questions (how can I improve my sleep).
Why do we need practical KT strategies?
• Too many ‘Empty’ systematic reviews.
Why do we need practical KT strategies?

• Definition of what is the best evidence is still evolving.
  – Systematic reviews and synthesis techniques are evolving, with increased focus on scoping reviews, qualitative and mixed methods reviews.
Why do we need practical KT strategies?

• The gold standard (i.e., RCTs) is often not feasible or the best model… (Johnston, et al., 2009).
Why do we need practical KT strategies?

• Knowledge users (practitioners, policy makers, consumers) need to make decisions now regardless of how much ‘high quality evidence’ is available.

• Consumers need “best available evidence” even if that means expert opinion.
Conceptualizing NIDILRR KT Centers as KT Platforms

• A KT Platform (KTP) is
  – “a national- or regional-level institution which fosters linkage and exchange across a (health) system [and is] the institutional equivalent of a knowledge broker…” Bennett & Jessani (2011)
Conceptualizing NIDILRR KT Centers as KT Platforms

• A KTP functions to address the needs of the policy process by connecting that process with research tools.

• Using public dialogue, a KTP can also instill an understanding of research processes and evidence from the literature.
Conceptualizing NIDILRR KT Centers as KT Platforms

- A KTP can create a knowledge base that is user-friendly and easily accessible, organize and schedule regular dialogues and meetings for exchanges to occur, and provide courses that will build and strengthen the knowledge and skill base – that is, the capacity – of various stakeholders in order to support a health system.
How did we develop our practical KT strategies?

- Our expertise in practical KT evolved over the course of several KT projects.
  - Model Systems Knowledge Translation Center (2006-2011)
  - National Rehabilitation Research and Training Center on Multiple Sclerosis (2008-2014)
  - ADA Knowledge Translation Center (2012-2016)
How did we develop our practical KT strategies?

• We intended to base our practical KT (consumer materials) on systematic reviews, but that turned out not to be practical!
General process used for both strategies

1. Topic selection

2. Content development

3. Readability/KT review

4. Expert review

5. Review, approval and dissemination
Two Practical Strategies

• Strategy 1: Consumers as experts
  – Using the expertise of consumers along with expertise from national model systems to review, edit, and modify informational products.

• Strategy 2: National review process
  – Using expertise of content/consumer experts along with review/approval of regional directors within a national network to review, edit and modify informational products.
Strategy 1: Consumers as experts
• Over 60 evidence-based consumer factsheets were developed on high priority topics.
  – Aging Rehabilitation Research and Training Center
    • [http://agerrtc.washington.edu/info/factsheets](http://agerrtc.washington.edu/info/factsheets)
  – Multiple Sclerosis UW Rehabilitation Research
    • [http://msrrtc.washington.edu/info/factsheets](http://msrrtc.washington.edu/info/factsheets)
  – UW Model Systems Knowledge Translation Center
    • [http://uwmsktc.washington.edu/](http://uwmsktc.washington.edu/)
Understanding TBI Series:
- Part 1: What happens to the brain during injury and in the early stages of recovery from TBI?
- Part 2: Brain injury impact on individuals’ functioning
- Part 3: The recovery process
- Part 4: The impact of a recent TBI on family members and what they can do to help with recovery

Facts about the Vegetative and Minimally Conscious States after Severe Brain Injury

Sleep & TBI
Driving after TBI
Cognitive Problems after TBI
Fatigue & TBI
And more…
Skin Care Series:
- Part 1: Causes and Risks
- Part 2: Preventing Pressure Sores
  - Supplements: How to do Pressure Reliefs (Weight Shifts); Building Skin Tolerance for Pressure Areas of the Body at High Risk for Pressure Sores
- Part 3: Recognizing and Treating Pressure Sores
  - Supplement: Stages of Pressure Sores: Illustrations

Pain after SCI
- Supplement: Activity Modification for Musculoskeletal Pain

Wheelchair Prescription Series:
- Getting the Right Wheelchair
- The Manual Wheelchair
- The Power Wheelchair
- Safe Transfers

And more…
Knowledge Translation Conference
KT Solutions for Overcoming Barriers to Research Use

Sleep after Burn Injury
Pain & Burn Injury
Psychological Distress after Burn Injury
Social Skills & Burn Injury
Pediatric Burn Injuries
Body Image & Burn Injury
Returning to Work after Burn Injury
Wound Care & Scar Management
Itchy Skin After Burn Injury
Strategy 1: Consumers as experts

- Ask consumer to read factsheet as if they found it online or in clinic before interview.
- Conduct semi-structured interview to ensure content is relevant, accurate, clear and useful.
- Document and synthesize all interview feedback.
- Make suggested revisions and comments based on feedback for content expert to review/editing.
Strategy 1: Ways consumer expertise changed content

• Reorganization of content

• What to emphasize – ‘You should place the sentence about being more sensitive to alcohol after TBI in first paragraph since that is important’
Strategy 1: Ways consumer expertise changed content

• What is missing – ‘how do I find a CBT therapist?’

• What new “evidence” emerges – ‘I find that eating small meals throughout the day helps with my energy level.’

• What is inconsistent with their experience
  • Factsheet read: Napping during the day can disrupt sleep at night. - ‘But many people take short naps during the day as part of managing their MS.’
Strategy 1: Benefits of having consumers as experts

• Consumers learn new information – ‘I didn’t realize lesions effect sleep.’

• Consumer feedback also informs:
  – Where to disseminate - ‘This would be great to hand out in my MS support group.’
  – What other important topics do consumers need timely and useful information about?
Strategy 1: Benefits of having consumers as experts

- Consumers appreciate being involved in a very concrete process where they can see how their feedback was used to improve information.
- Consumers shared factsheets within their networks and health professionals.
Strategy 1: Lesson learned

• 50/50 rule –
  • don’t devote more real estate to describing the problem than to describing the solutions
  • at least 50% of content should be focused on what consumer can do to improve condition X.
Strategy 2: National review process

• Developed 40 national products (factsheets/booklets) on high priority ADA topics:
  
  http://adata.org/ada-national-publications
• Sample of products:
  • Sources for employment and disability data
  • Work-Leave, the ADA, and the FMLA
  • Accessible Parking
  • Adjusting Doors for Access
  • Accessible Health Care
  • Wheelchairs and Other Power-Driven Mobility Devices
  • New Rules: Vietnam Era Veterans’ Readjustment Assistance Act
Strategy 2: National Review Process

• KT Committee member presents product for National Network review, vetting and branding to the KT Committee.

• KT Committee members select expert content reviewers.
  – Reviewers may be internal or external to the ADA National Network.
Strategy 2: National Review Process

- Content experts complete review for accuracy and relevance for intended audience.
- ADAKT conducts readability review/editing.
- ADAKT facilitates final vetting by Regional Directors. Vetting requires approval from 7 out of 10 Directors.
- ADAKT formats, brands and disseminates final product in printable and HTML formats
Strategy 2: Ways review process changed content

• Improve the tone – ‘Tone needs to be more positive. Stating what service we don’t provide is not welcoming.’

• What is missing – ‘Include description to the appeal/grievance process.’

• Use appropriate terminology – ‘Use psychiatric disability instead of mental illness.’

• What is not accurate – ‘The van accessible parking space dimensions should be x, not y.'
Strategy 2: Readability review

• What is not clear –
  – ‘this level of detail isn’t helpful’
  – Need to describe what undue burden means

• Ensure content is written for intended audience.
Strategy 2: Readability review

• Follow plain language guidelines:
  – Writing style
  – Formatting
  – Terminology
  – Organization

• Provide both legal terms and description or examples of terms.
Strategy 2: Lesson Learned

• It is critical to create and revise procedures to ensure best available information is made available in a timely manner.

• Identify and avoid quicksand such as too many lead authors, or product delays due to only a few chronic non-responders
Lessons learned from practical KT strategies

• People on the frontline of service delivery/practice should also be on the front line of evidence creation.

• Tone and language matter a lot – balance of truth vs. rose colored glasses, medical or legal terms and plain language, simple and concise but not condescending.

• Linear review process also needs to be flexible
  • sometimes you are near the end but have to go back to the beginning.
Challenges

• Quality of expert feedback
• Disagreements about priorities or what content is most relevant
• Responsiveness/timeliness of content experts
• Disagreements among experts as to what is best evidence
• Evidence evolves so information needs to be continually updated
• Plain language vs. legal/medical accuracy
Practical KT Perspective

• Consumers/experts are looking FORWARD
  – What will make my life better now and in the future?
  – What info is most critical for consumers need?
  – What info do consumer need to make the best decision/to take action?
Practical KT Perspective

• Researchers are looking BACKWARD
  • What worked?
  • What does the evidence tell us?
Looking Ahead: Knowledge to Action Framework

Looking Ahead

• Monitor knowledge use
  – Tracking online usage
  – Adoption by organizations

• Evaluate outcomes
  – How are people using the information?
  – Is anything changing?
    • Improved implementation of ADA
    • Changes in consumer behavior
Example: Adapting and adopting
Resources


• Thomas Archibald’s “Lost in Translation”
  https://www.youtube.com/watch?v=e_72-HqvMCI
Resources

- http://adata.org/
- http://msktc.washington.edu
- http://msrrrtc.washington.edu
- http://agerrtc.washington.edu
- http://uwctds.washington.edu

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