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| **Practicing Knowledge Translation: Implementing evidence. Achieving outcomes** |
| HSR Satellite Session Resource Package |
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# Knowledge to Action Model

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Source: Graham, I.D., et al. (2006). Lost in knowledge translation: time for a map?. *Journal of Continuing Education in the Health Professions*, 26(1): 13-24.

# Operationalizing the KTA: Developing an ETP



# Example Project Outline: Mobilization of Vulnerable Elders (MOVE)

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| Questions | Project description |
| 1. What is the intended purpose/overall objective of the practice change (i.e., what impact do you hope to see as a result of the practice change)?
 | Increase resident mobilization, decrease amount of time spent in bed |
| 1. In which setting(s) is this practice change meant to take place?
 | Hospitals |
| 1. List all the key stakeholders who are expected to change as a result of the implementation.
 | NursesPhysiotherapists/ occupational therapistsPhysiciansPatientsFamily membersVolunteers |
| 1. What specific behaviours/ practices do each of the stakeholder groups need to make?
 | * Assess and document mobility
* Mobilize patients at least 3 times/day
* Tailor mobility to patient’s abilities
 |
| 1. How often will these stakeholders engage in the practice change?
 | Multiple times a day, so that everyone is moving at least 3 times a day |
| 1. What is the evidence for this practice change?
 | Mobilizing patients can improve functional status, decrease length of stay and increase chances of returning home (in hospital settings) |
| 1. Who will be involved with implementing this change (i.e., making the change happen)?
 | Will create an implementation team on the unit, including nurses, OT/PT, physicians, management |

For more information about MOVE, please see the MOVE website: <http://movescanada.ca/>

All resources can be freely accessed on the portal in the website, simply request a login.

# Theoretical Domains Framework (TDF) Definitions

| **DOMAIN DEFINITION** | **CONSTRUCTS** | **EXAMPLE QUESTIONS** |
| --- | --- | --- |
| **Knowledge***An awareness of the existence of something* | * Knowledge (including knowledge of condition/scientific rationale)
* Procedural knowledge
* Knowledge of task environment
 | Do you know about x? |
| **Skills***An ability or proficiency acquired through practice* | * Skills
* Skills development
* Competence
* Ability
* Interpersonal skills
* Practice
* Skill assessment
 | Do you know how to do x? |
| **Memory, Attention and Decision Processes** *The ability to retain information, focus selectively on aspects of the environment and choose between two or more alternatives)* | * Memory
* Attention
* Attention control
* Decision making
* Cognitive overload / tiredness
 | Is x something you usually do? |
| **Behavioural Regulation** *Anything aimed at managing or changing objectively observed or measured actions* | * Self-monitoring
* Breaking habit
* Action planning
 | Do you have systems that you could use for monitoring whether or not you have carried x? |
| **Social Influences***Those interpersonal processes that can cause individuals to change their thoughts, feelings, or behaviours* | * Social pressure
* Social norms
* Group conformity
* Social comparisons
* Group norms
* Social support
* Power
* Intergroup conflict
* Alienation
* Group identity
* Modelling
 | To what extent do social influences facilitate or hinder x? |
| **Social/Professional Role and Identity***A coherent set of behaviours and displayed personal qualities of an individual in a social or work setting* | * Professional identity
* Professional role
* Social identity
* Identity
* Professional boundaries
* Professional confidence
* Group identity
* Leadership
* Organisational commitment
 | Is doing x compatible or in conflict with professional standards/identify? |
| **Beliefs about Capabilities** *Acceptance of the truth, reality, or validity about an ability, talent, or facility that a person can put to constructive use* | * Self-confidence
* Perceived competence
* Self-efficacy
* Perceived behavioural control
* Beliefs
* Self-esteem
* Empowerment
* Professional confidence
 | How difficult or easy is it for you to do x? |
| **Optimism***The confidence that things will happen for the best or that desired goals will be attained* | * Optimism
* Pessimism
* Unrealistic optimism
* Identity
 | How confident are you that the problem of implementing x will be solved? |
| **Intentions***A conscious decision to perform a behaviour or a resolve to act in a certain way)* | * Stability of intentions
* Stages of change model
* Transtheoretical model
* Stages of change
 | Have they made a decision to do x? |
| **Goals***Mental representations of outcomes or end states that anindividual wants to achieve* | * Goals (distal/proximal)
* Goal priority
* Goal / target setting
* Goals (autonomous /controlled)
* Action planning
* Implementation intention
 | How much do they want to do x? |
| **Beliefs about Consequences** *Acceptance of the truth, reality, or validity about outcomes of a behaviour in a given situation* | * Beliefs
* Outcome expectancies
* Characteristics of outcome expectancies
* Anticipated regret
* Consequents
 | What do you think will happen if you do x? |
| **Reinforcement** *Increasing the probability of a response by arranging adependent relationship, or contingency, between the responseand a given stimulus)* | * Rewards (proximal / distal,valued / not valued, probable /improbable)
* Incentives
* Punishment
* Consequents
* Reinforcement
* Contingencies
* Sanctions
 | Are there incentives to do x? |
| **Emotion** *A complex reaction pattern, involving experiential,behavioural, and physiological elements, by which theindividual attempts to deal with a personally significant matter or event* | * Fear
* Anxiety
* Affect
* Stress
* Depression
* Positive / negative affect
* Burn-out
 | Does doing x evoke an emotional response? |
| **Environmental Context and Resources** *Any circumstance of a person's situation or environment thatdiscourages or encourages the development of skills andabilities, independence, social competence, and adaptivebehaviour* | * Environmental stressors
* Resources / materialresources
* Organisational culture/climate
* Salient events / criticalincidents
* Person x environmentinteraction
* Barriers and facilitators
 | To what extent do physical or resource factors facilitate or hinder x? |

Source: Michie et al. (2014). The Behaviour Change Wheel: A Guide to Designing Interventions. Great Britain: Silverback Publishing

# TDF to COM-B Guide

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| **COM-B** | **TDF** |
| Capability (Psychological) | Knowledge |
| Skills |
| Memory/Decision processes |
| Behavioural regulation |
| Capability (Physical) | Skills |
| Opportunity (Physical) | Environmental context/resources |
| Opportunity (Social) | Social influences |
| Motivation (Reflective) | Beliefs about capabilities |
| Beliefs about consequences |
| Social/Professional role/identity |
| Optimism |
| Intentions |
| Goals |
| Motivation (Automatic) | Emotion |
| Reinforcement |

# APRAISE Criteria Definitions

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| **Criteria** | **Definition** |
| **A**ppropriateness | The perceived fit, relevance, or compatibility of the intervention for a given practice setting, provider, or consumer; and/or perceived fit of the innovation to address a particular issue or problem. |
| **P**racticability/Feasibility | The extent to which the intervention can be delivered as designed through the means intended to the target population. |
| **R**isks | Consideration of the unintended consequences or side effects of the intervention. |
| **A**ffordability | The extent to which the intervention can be delivered within an acceptable budget. |
| **I**mpartiality | The extent to which interventions are of benefit to individuals in a non-biased and equitable manner, so as not to increase disparities in well-being and health among different sectors of society. |
| **S**ustainability | The extent to which interventions may continue to be delivered, maintained and have sustained outcomes. |
| **E**ffectiveness/cost-effectiveness | Consideration of the interventions effect size in relation to the desired objectives in a real world context. Cost effectiveness refers to consideration of the ratio of effect to cost. |

Sources: Michie S, Atkins L, West R: The behaviour change wheel: a guide to designing interventions. Great Britain: Silverback Pub; 2014; Wiltsey Stirman S, Kimberly J, Cook N, Calloway A, Castro F, Charns M. The sustainability of new programs and innovations: a review of the empirical literature and recommendations for future research. *Implementation Science : IS*. 2012;7:17. doi:10.1186/1748-5908-7-17.