

MARGARET B. HARRISON | IAN D. GRAHAM

# KNOWLEDGE TRANSLATION IN NURSING AND HEALTHCARE

A ROADMAP TO EVIDENCE-INFORMED PRACTICE



WILEY Blackwell

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# **Knowledge Translation in Nursing and Healthcare**

## **A Roadmap to Evidence-informed Practice**

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*Finishing this book in the Year of the Nurse and Midwife (2020) and it being released in the Year of Health and Care workers, we dedicate this book to the many nurses, other healthcare providers, and patients who have invited us in to facilitate and study implementation. They provided us with world class living implementation laboratories. We owe them so much for providing the opportunity to study implementation processes in the real world and to develop models and frameworks to facilitate evidence-informed practice. They provided us with opportunities to acquire hands-on experience and tacit implementation knowledge which ultimately allowed us to cultivate and hone our implementation craft and science.*

*and to*

*Marjorie and Fern*

## About the Authors

### **Margaret B. Harrison**

*Professor Emerita*

*Queen's University, Kingston, Ontario, Canada*

After many years of practice Margaret returned to school to pursue research in nursing. Her PhD (Nursing) from McMaster University concentrated on continuity of care for complex populations and using guideline recommendations as a foundation for multi-interventions within randomized controlled trials. This interest began in the early 1990s at the Children's Hospital of Eastern Ontario where, in her professional practice and research role, she was challenged by senior administration to improve specific quality of care issues, e.g. central line care, preparation of repeatedly hospitalized children. In working with care teams, the dialogue always began with a critical review of external evidence to formulate a new local approach based on best available evidence. This approach continued in her role as Nurse Specialist Research and Evaluation at the Ottawa Hospital, a large teaching facility, working closely with the quality portfolio to conduct implementation studies driven by quality/risk issues, e.g. pressure injury prevention and management practices, transitional care of patients with heart failure. During this time, the term “knowledge translation” became formalized and began to emerge as a distinct research paradigm. Margaret undertook regional community work to assist in care improvement for the population with chronic wounds beginning a long series of nursing research initiatives. Then based at Queen's University, Kingston, Ontario (2000–2014), she was Scientific Director, Senior Scientist with the Practice and Research in Nursing (PRN) Group, a unique practice–

academic partnership dedicated to producing and using evidence for practice. She established and led the Queen's Joanna Briggs Collaboration where research is synthesized in a rigorous manner for practice use. During that time Margaret received the Queen's Basmajian Medal for research, published 137 peer reviewed papers, and first authored CAN-IMPLEMENT©: Planning for Best-Practice Implementation (2014). She was awarded a Sigma Theta Tau Writing Award as lead author for "Roadmap for a Research-Practice Partnership to Implement Evidence" (Worldviews 2012). As Professor Emerita, Margaret continues this work voluntarily with community partners.

**Ian D. Graham, PhD, FCAHS, FNYAM, FRSC**

*Professor, School of Epidemiology and Public Health*

*University of Ottawa, Ottawa, Canada*

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*The Ottawa Hospital Research Institute, Ottawa, Canada*

Ian's PhD in medical sociology from McGill University focused on understanding how historically, the obstetrical practice of episiotomy rose to become a routine practice in North America by the 1950s, was questioned by women and midwives in the 1970s and 1980s and lost its status as a routine procedure by the 1990s. During his postdoctoral studies, Ian continued to focus on identifying and understanding factors influencing professional practice and the role evidence could play in changing practice. Upon being appointed to the Ottawa Hospital Research Institute and working with nursing and medical colleagues, he began shifting attention to finding ways to apply social science theory and methods to facilitate the uptake of evidence informed practice (known now as knowledge translation and implementation science). The origins of all the knowledge translation models and frameworks he has developed can be traced back to collaborations with

practitioners at the point of care and the desire to find rigorous and collaborative ways for them to leverage external evidence by aligning it with their local context. From 2006–2012 he served as Vice-President of the Knowledge Translation and Public Outreach at the Canadian Institutes of Health Research, Canada's premier health research funder. There he brought in CIHR's first citizen engagement in research framework and open access policy, and funding opportunities to support knowledge translation and engagement of patients and others as research partners. One of his current research foci is on understanding the role of research co-production in the uptake of research findings. He has published over 300 peer reviewed articles and is co-editor of *Turning Knowledge into Action: Practical Guidance on How to Do Integrated Knowledge Translation Research* (2014), *Knowledge Translation in Health Care* (2013, 2nd edition) and *Evaluating the Impact of Implementing Evidence-based Practice* (2010) and co-author of *CAN-IMPLEMENT®: Planning for Best-Practice Implementation* (2014). He has twice been awarded a Queen Elizabeth II Jubilee Medal (2002, 2012) for contributions to research.

# Acknowledgments

The writing of this book has been its own journey. In fact, some of the chapters were drafted during a transatlantic writing retreat aboard the Queen Victoria in her peaceful library. Other chapters were worked while on business trips and academic leave to Australia and the UK. Most of the book, however, was written on the unceded territory of the Algonquin Nation and we honor the Elders and Knowledge Keepers, both past and present.

Our trusty Research Coordinator Meg Carley, BSc guided us through the final phase of this work making great enhancements not only to chapter format but improving our rudimentary schemas and tables – often hand drawn. Meg also skillfully managed the references – her penchant for detail and organization were invaluable. Joan van den Hoek, BNSc took the mental vision we had of the Roadmap and created the graphic for this book.

We would like to thank Christine Cassidy, RN, BScN, PhD; Jed Duff, RN, BN, PhD; and Jo Logan, BScN, PhD for generously reading early drafts of chapters and providing insightful comments and suggestions that have greatly improved the chapters. We are particularly indebted to Sandy Dunn, RN, MScN, PhD for carefully reviewing all the chapters with a critical eye and always offering words of encouragement. Elizabeth Dogherty's RN, BNSc, MNSc, PhD work has enlightened the field and us about implementation facilitation at the point-of-care. Wendy Gifford, RN, BScN, PhD, generously provided material for the [Chapter 4](#) Appendix on implementation leadership. Janet Squires, RN, BN, MN, PhD graciously permitted us to include a TDF interview guide from one of her studies. Melissa Demery Varin RN, BScN, MScN shared literature

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Some of the material for the leg ulcer case presented in [Chapter 2](#) was previously published in Graham et al. A community-research alliance to improve chronic wound care. *Healthcare Policy* 2007; 2(4):58-64.

Finally, John and Dawn, our spouses, and our families, have been very supportive and patient with us as we have labored over this book. We cannot thank them enough. We will not however, miss them asking, “Is *that* book done yet?”

## Foreword

A quick Internet search will show you that many books have been written about evidence-based practice, so why should you be interested in *this* book? There are several good answers to this question, read on.

The proliferation of products that collate and synthesize evidence to offer best practice recommendations has increased exponentially over the last two decades. Yet there is often a disconnect between what is recommended and what happens in practice. Why? It is partly because evidence does not get moved, intact, from one place to another. It cannot. Research is rarely the only piece of the evidence jigsaw that practitioners draw on in their practice, and there needs to be a good fit between evidence and context for it to have a chance of making a difference. There are many factors at play, which need to be considered and negotiated, and this is rarely straightforward. Therefore, if evidence is to get transformed to inform practice, this requires purposeful action. This is why you should pick up this book.

The authors of this book have brought together research, theory and their accumulated expertise and wisdom from decades of practice-based knowledge translation work to provide a map and compass to help those in roles that facilitate evidence-informed care navigate the way. As a “Roadmap to Evidence-Informed Practice” this book provides a comprehensive and systematic approach, drawing on practical examples, offering tips and tools, and reflecting on lessons learnt. As such, it provides a resource for the implementer to focus on solutions rather than get overwhelmed by the challenges.

The book is organized around the Roadmap Framework that Drs Graham and Harrison have developed from their extensive research and practice in the field. The framework includes three overarching phases: issue identification and clarification, build solutions, and field test, and implement, evaluate, sustain, which provides a logical and systematic way of walking the reader through activities required at each stage. A focus on research and evaluation activities at each stage also supports capacity and capability building for professional practice and research awareness. The content is grounded in nursing practice examples, which translates theory and research into concrete implementation actions. It is a book that you can dip in and out of, or read sequentially. The result is an invaluable and accessible “how to” of implementation.

Another notable feature of this book is the thread of collaboration and partnership that runs through it. Translating evidence to inform practice is not an individual practitioner or provider effort. The relationship between knowing and doing is bounded within the health and care systems people work in. Social and interactional aspects of knowledge translation have been receiving increasing attention. The idea that there are two homogenous communities where one produces knowledge and the other uses it, is rightly, becoming outdated. Therefore, it is refreshing to see how the authors weave in a focus on collaboration and partnership working as a pathway to best practice implementation through co-producing knowledge and practice.

As leaders in the field, these authors have created a roadmap that is authoritative, comprehensive, and useful. What they have managed to achieve is a rare balance of theory and research combined with the practical. This book should be a “go to” for those implementing evidence-informed nursing and healthcare practice.



***Jo Rycroft-Malone, RN, BSc(Hons), MSc, PhD,  
Professor of Health Research***

*Dean, Faculty of Health & Medicine, Lancaster University,  
UK*

*Director, National Institute for Health Research Health  
Services & Delivery Research Programme*

As I read through this new book by Margaret Harrison and Ian Graham entitled “Knowledge Translation in Nursing and Healthcare: A Roadmap to Evidence-Informed Practice,” I reflected on my years of clinical practice as well as some major implementation projects in healthcare that I have been involved in over the years.

I completed my Doctorate in Nursing (with a focus on Knowledge Translation (KT) and Shared Decision Making) following many years of clinical experience in tertiary neonatal intensive care. During my career I have had the privilege of working as a clinician at the point of care, as an educator and consultant to support practice change, and as a KT Specialist and researcher to develop and evaluate different strategies to improve uptake of best practice.

One of the major initiatives I was involved in was a collaboration between a provincial data registry group, a research team of implementation science and clinical experts, and healthcare organizations providing maternal newborn services in Ontario. The aim of the project was to develop and implement an electronic audit and feedback system across the province, and then evaluate the effect on clinical practice for selected performance indicators. The results of this project were very promising with evidence of improved rates for four of six performance indicators of perinatal care over 30 months post implementation. A number of barriers and enablers were identified, and we learned many lessons from this project both with respect to the design of effective audit and feedback, and about

contextual and individual factors that enabled or blocked change. For example, leadership support for effective change was critical, as were professional attitudes to the change and staff motivation, trust in the data and credibility of the evidence, the availability of essential resources, and collaborative inter-professional relationships.

Reading this new book by two internationally recognized experts in the field of implementation of change in healthcare, I appreciate the successes and failures of our project even more now. Evidence-based guidelines or data signaling an evidence-practice gap do not automatically trigger practice change, even if the evidence is sound and the data are trustworthy. In my years of clinical practice prior to this initiative I have witnessed quality improvement initiatives where limited strategies were used to support practice change (e.g. staff education or the development and communication of a new policy or procedure). Inevitably, this was insufficient to address the full scope of barriers that existed and as a result implementation was incomplete and practice improvement, if any, was limited – wasting time, effort, resources, and money. Successful practice change in healthcare requires a multi-level, multi-pronged approach informed by current evidence and tailored to address the existing barriers to change within the specific context of care.

This new book provides a comprehensive roadmap to guide you through the planning process for successful implementation of sustained practice change in your organization. This is an extremely interesting, well written resource that is a pleasure to read. It is a rich source of information based on the authors' years of experience in the field and informed by a wide range of theories and scientific evidence. This book also demonstrates the complexity of the change process, what it takes to

successfully implement new practices and the commitment of time and resources required to carry out each phase. It is full of real-life examples, tools, tips, references, and a step-by-step approach to help guide you along your journey. This book is a tremendous resource for nurses as well as other healthcare professionals. I wholeheartedly recommend that you read this book and take advantage of the wealth of knowledge contained within to help guide your implementation projects. Enjoy!

***Sandra Dunn RN PhD***

*KT Specialist, BORN Ontario*

*Adjunct Professor, University of Ottawa, School of Nursing*

*Senior Research Associate, Ottawa Hospital Research Institute*

## **Praise for Knowledge Translation in Nursing and Healthcare**

Changing behavior using theory and evidence can be a daunting challenge – Drs. Harrison and Graham have risen to this challenge by providing us with a thoughtful and pragmatic “Roadmap” to guide our implementation activities from planning to sustainability. These authors have integrated the science and practice of implementation into a user-friendly “Roadmap” to optimize our success as implementers on the clinical frontline.

***Dr. Sharon E. Straus, HBSc, MSc, MD, FRCP (C)***

*Professor, Dept. of Medicine, University of Toronto*

*Physician-in-Chief, St. Michael's Hospital*

*Director, KT Program, St. Michael's Hospital*

“This is exactly what I’ve been looking for, something practical to use to teach KT and evidence implementation.”

***Professor Jed Duff RN PhD FACORN,***

*Professor and Chair of Nursing, Metro North Hospital and Health Service and Queensland University of Technology  
Royal Brisbane & Women's Hospital, Nursing & Midwifery  
Research Centre, Herston, Queensland 4029*

As a healthcare leader with many years of experience in the practice environment and within accreditation, this book offers you a way for moving best practice into the healthcare environment, that is relevant and in touch with your reality. With a focus on improved outcomes for both care recipients and the providers, the approach outlined in this guide is easy to follow and simplifies the pathway to enabling implementation of best practice.

In the complex world within which healthcare is provided, these authors demonstrate their deep understanding of your reality and provide you with this valuable guide. Enjoy the journey guided by The Roadmap!

***Wendy Nicklin RN, BN, MSc(A), CHE, FACHE FISQ,ua, UCD.D***

*Former Vice President of Clinical Services, Chief Nurse Executive, The Ottawa Hospital, subsequently  
President and CEO of Accreditation Canada, President  
(Board Chair) of International Society for Quality in Health Care (ISQUA)*

Drs. Harrison and Graham are global leaders in knowledge translation and implementation science. Their book provides a practical and science-based approach to move evidence from the page to the hands of the knowledge user where it makes a difference.

***Lisa Hopp PhD RN FAAN***

*Dean and Professor*

*Director, Indiana Center for Evidence Based Nursing  
Practice*

*Purdue University Northwest, Hammond IN*

This book is full of outstanding practical advice, based on solid research and real world experiences, on how to best overcome barriers in the implementation of evidence-based care. It should be a staple resource for enhancing the quality and safety of healthcare. *Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN Vice President for Health Promotion, University Chief Wellness Officer Dean and Professor, College of Nursing Executive Director, the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare The Ohio State University and safety of healthcare.*

***Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN***

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*The Ohio State University and safety of healthcare.*

# **Glossary Terms (Alphabetical): Related to the Implementation of Evidence-Informed Practice**

**Adapt:**

to modify or make suitable for one's purpose.

**Adherence:**

following the evidence (e.g. guideline)  
recommendations.

**Adopt:**

to take up, follow or use.

**Barriers Assessment:**

a process for identifying barriers and drivers to a  
specific a practice or behavior.

**Best Practices:**

maintaining or improving effective and efficient care  
based on best available evidence.

**Call-to-Action:**

the point when a practice issue emerges as a problem to  
be dealt with, when quality or risk data indicate it as a  
problem, or new evidence emerges that should change  
practice.

**Capacity Building:**

a process that builds on local existing skills and  
knowledge, fostering a sense of ownership and  
empowerment.

**Conceptual knowledge use:**

using knowledge to change the way users think about  
issues including changes in understanding, attitude, or  
intentions.

**Continuity of care approach:**