KNOWLEDGE TRANSLATION: Tips from the Inside

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Outline

• Integrated Knowledge Translation
  • Definitions and Key Concept

• Examples of Studies We’ve Conducted using
  • Sweet Moms: End of Project KT Approach
  • ENRICH: Integrated KT Approach

• Review Tips for Effectively Using an iKT Approach
Knowledge Translation

• Canadian Institutes of Health Research Key Concepts:

  • “... dynamic and iterative process that includes synthesis, dissemination, exchange and ethically sound application of knowledge to improve the health of Canadians, provide more effective health services and products and strengthen the health care system”

• Raising knowledge users awareness of research findings
• Facilitating use of these findings
Integrated Knowledge Translation

- **Knowledge Users are equal partners alongside researchers**
  - Research is more relevant to, and more likely to be useful to, the knowledge users.

- **Each stage in the research process is an opportunity for collaboration with knowledge users,**
  - development or refinement of the research questions,
  - selection of the methodology, data collection and tools development,
  - selection of outcome measures,
  - interpretation of the findings, crafting of the message
  - dissemination of the results.
Using KT and iKT Processes

Effects of sugar/fructose intake in pregnancy and how to approach modifying its intake

- Basic Biomedical
- Epidemiological
- Qualitative

Basic Physiology

Epidemiological

Communities of Practice
- Alberta Health Services
- Multicultural Health Brokers
- Healthy Moms Healthy Babies
- Maskwacis

sweet moms

ENRICH
Promoting Appropriate Maternal Body Weight in Pregnancy and Postpartum through Healthy Eating

women & children’s health research institute
Using the iKT Process

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Communities of Practice
- Alberta Health Services
- Multicultural Health Brokers
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Multicultural Health Brokers (MCHB) Cooperative

• Support for immigrant, refugee and asylum seekers in the intermediate and long-term settlement process

• 80 Multicultural Health Brokers in total working within 25 ethno-cultural and linguistic communities.

• Serving holistically 2,500 families each year; More than 16 programs offered but emphasize health for pregnant women, young mothers and children

• In the past 5 years, increasingly addressing “crisis” situations of families caught in chronic poverty with recurring housing and food insecurity issues.

• Previous research relationships: Mayan
Migrant women's maternal health experiences during pregnancy and postpartum

- PhD work (Quintanilha)
- Dissemination: Conference presentations and journal articles
- KT strategy: video
- https://www.youtube.com/watch?v=CUNYv3pVP0U&feature=youtu.be

Grocery Run Program

• Community Resource Coordinator; Sandra Ngo
• Food rescue model
• Donated foods
• Supported by Volunteers
• Media:
  • Edmonton Journal
  • New Trail
  • UofA

Program aims to tackle high rates of food insecurity in African community in Edmonton
Move from Charity... to Social Enterprise

• Charity often...
  • responds to urgent crises
  • targets symptoms, not causes
  • keeps people “where they are”
  • covers up real social injustices

• Social Enterprise ...
  • Is an entity/ set of efforts that applies entrepreneurial strategies to address social issues, economic security, and positive community change
  • social mission is as core to their success as any potential profit
  • works toward sustainable solutions
Back to Research - Action

• Next stage of research is to generate, directly from the women and families their sense of sustainable solutions to the food insecurity issues.
• How do women see themselves being involved in a social enterprise?
  • Salvage Supermarket?
  • Bulk buying?
ENRICH First Nations

→ Previous research relationships: Oster, Toth
  → Community interest in improving pregnancy health
    → Engagement / Relationship building
      → Community Advisory Committee Partnership
        → Community approval
          → Research agreement
            → Ethics / Research protocol
              → Dissemination
                → Strengthening community capacity: Bruno
Community Advisory Committee
Pregnancy – “many strengths”

- Traditional Culture
- Language
- Elders
- Dedicated providers
- Families
- Dance
- Singing
- Ceremony
- Positive role models
- Involved / supportive fathers
- Connection to the land
- Sense of belonging
- Identity
- Changing health systems
- Continued dialogue
- Laughter / humour
- New beginnings
- Stories

- Sacred medicines / plants
- Reconciliation
- Self-determination
- Community-based programs
- Resilience
- New generation / youth
- Solidarity
- Generosity
- Kinship
- Spirituality
- Powwow
- Traditional food
- Friends
- Sharing
- Pride
- Respect
- Medicine wheel
- Drumming
- Regalia
Kikiskawâwasow - prenatal healthcare provider perceptions of effective care for First Nations women: an ethnographic community-based participatory research study

Elders Mentoring Program

- Strength-based Approach

MASKWACIS KOKUMS & MOSOMS
Elder Mentoring and Support During Pregnancy

*Elders are available to speak to in the waiting area or a private room
*Free moss bag draws (please leave your name with the Elder)
*Healthy snacks are provided

For more information contact Dr Richard Oster (780.492.3859; roster@ualberta.ca) or the Wetaskiwin PCN (780.312.2500)
Health Care Provider Training
Tips for KT and iKT Approaches

• Get to Know Audience;
  • *THIS MAY CHANGE DURING PROJECT

• Every Partner Group is Different
  • University, Clinical/Health Service Delivery, Non-Profit, Community

• **Building Relationships** Takes Time
  • Dedicated staff are key

• **Respect: Different Spheres of Expertise and Points of View**

• iKT May Be the Only Efficient Approach to Answering Complex Questions

• The **iKT Process is Organic; Trust the Process**
  • Define success; Don’t be afraid of “failing”; thank all for contribution
Thank you and Questions

• Sweet Moms Team

• ENRICH Team
  • Maira Quintanilla
  • Richard Oster
  • Grant Bruno
  • Multicultural Health Brokers
  • Communities of Maskwacis

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