

ABSTRACT SUBMISSION AIC 2016: #81

1. **Title:**

Building capacity for knowledge translation in occupational therapy

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3. **Key words:**

Participatory action research, occupational therapists, building capacity, organisational support

4. **Abstract texts:**

a. **Background and aims**

Knowledge translation (KT) seeks to close the gap between research and practice in order to improve health care. Little research exists about organisational initiatives designed to build KT capacity *amongst clinicians*. This study aimed to evaluate organisational initiatives for KT capacity building with occupational therapists at The Princess Alexandra Hospital Occupational Therapy Department (PAHOT) to facilitate closure of research-practice gaps in rehabilitation.

b. **Method**

This study used a Participatory Action Research (PAR) design focused on increasing the use of KT principles. Ten KT interventions were used to target identified barriers to KT, including, for example, training in KT, mentoring, and funding a KT champion one day per week. Participants completed a pre-post questionnaire based on the Theoretical Domains Framework (TDF); indicated which strategies they found most helpful in facilitating their use of KT principles; and reported their perceived change over time.

c. **Results**

Twenty therapists participated at both time points. After the multifaceted intervention targeting specific barriers, significant improvements were seen in four domains of the TDF: 'knowledge' ($p < 0.001$), 'environmental context and resources' ($p = 0.001$), 'beliefs about capabilities' ($p = 0.012$) and 'beliefs about consequences' ($p = 0.008$). Participants were very positive about all strategies used to facilitate KT, reported improved knowledge and confidence in using KT, and that KT was now just part of what they do.

d. **Conclusion**

To build capacity for knowledge translation, it is important to involve clinicians. This study found an increase in therapist's use of knowledge translation principles over time by providing organizational support for clinician-led knowledge translation.