



# HOW TO GET THE MOST FROM YOUR RESEARCH. AN INTRODUCTION TO SHARING WHAT YOU HAVE LEARNT, DISSEMINATING YOUR RESEARCH, AND ENGAGING OTHERS IN MAKING A DIFFERENCE



## Knowledge Translation, Dissemination, and Impact

A Practical Guide for HSE Researchers and Those Who  
Use Research Findings

## 1. Who do we mean when we talk about HSE research and researchers?

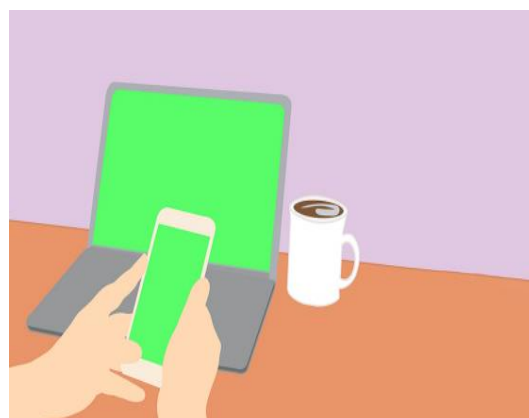
Many HSE members of staff, working in a broad range of services and from different professions, carry out research. This might involve a small study of a local service such as an evaluation of your area of work, it could be a Master's dissertation or a PhD, or it might be a larger study funded by the Health Research Board, industry, or a European funder. Your study might take place at:

- a. National level
- b. Organisational level
- c. Service level
- d. Individual level (staff or patients)
- e. Community/voluntary group level or with members of the public.

All research matters and can play an important role in service development, improving services for service users, or informing guidance or policy.

## 2. Why is it important that we share our research?

- As a researcher you have been working for months, or possibly years, to find out something new in your topic area and you want your findings to be used and make a difference.
- You want to get recognition for your work.
- What you have found in your study could make a difference to the way patients are treated or looked after.
- Sharing research findings makes a difference to our understanding of different conditions and treatments.
- What you have found in your study might change guidance or policy or influence training.
- Research needs to be closer to those who will use the findings and not just seen as something that takes place in academia and a long way from the front line services.
- Sharing findings with patients, service users, and the public can bring a new understanding of your research and new ideas.
- A lot of health research uses public funds, so we have a responsibility to show patients and the public how we are using the funding.
- Sharing research findings and knowledge is the right thing to do!



It does not matter whether your research study is small and based within your service, or it is organisation wide, or even international, sharing your findings and reaching the people who need to hear about your research is important. To help you to do this and get the most out of your research, we have developed a series of guides (see Table 1). We have also suggested when it might be helpful to use the guides based on the type of research study you are undertaking.

### 3. Helping you get the most from your research



The guides use the term **knowledge translation**. This simply means closing the gap between research and practice and making sure the knowledge from research reaches those who can use it. It is about finding, sharing, and using the knowledge we gain.

Many people talk about **dissemination**, and this is part of knowledge translation, so we have also talked about dissemination in the guides. But knowledge translation does a bit more than dissemination and helps us to think much more about who we want to reach with our research and how it can add value. You may find this video, 'Knowledge translation: An introduction to creating, sharing, and using research' a useful starting point:

<https://www.youtube.com/channel/UCWN5MFqd6dUqkwdZC9BDOnQ>

#### The HSE Guides to sharing your research and making an impact

Guide	Who should use the Guide and when?
1. What is Knowledge Translation and what does it involve?	<p>Anyone who is starting, undertaking, or finishing a research project and is thinking about sharing or disseminating their work.</p> <p>This guide introduces all researchers to what is involved in sharing and disseminating research and getting the most impact from doing so. It explains the jargon that is used and talks through what is involved in sharing research and knowledge with those who would benefit.</p>

Guide	Who should use the Guide and when?
2. Planning your Knowledge Translation activity	<p>Anyone who is starting, is undertaking, or has finished a research project. This guide is to help all researchers plan how they share and disseminate their work. It provides useful planning templates, tools and guidance and takes the researcher step by step through each stage of planning.</p> <p>The guide also looks at the potential barriers to making an impact and offers helpful advice.</p>

Guide	Who should use the Guide and when?
<p>3. Knowledge Translation Frameworks: what are they, how and when to use them</p>	<p>Any researcher could make use of this guide, but it may not be so relevant to those who are carrying out very small, local, or service based projects.</p> <p>This guide sets out a structured and evidence based approach to sharing knowledge and making a difference. It is relevant to those who:</p> <ul style="list-style-type: none"> <li>• Are creating new knowledge</li> <li>• Have identified a gap between research and practice</li> <li>• Want to translate knowledge into practice or policy</li> <li>• Have an intention to change practice or policy</li> <li>• Want to add to education or training</li> <li>• Are leading implementation studies</li> <li>• Have multiple stakeholders.</li> </ul> <p>The guide gives researchers the option of using one or more of three models that will support them through the process of knowledge translation. There are examples of where each model has been used before.</p>

Guide	Who should use the Guide and when?
<p>4. Stakeholder engagement</p>	<p>Anyone who is starting, is undertaking, or has finished a research project. This guide is to help all researchers to identify the stakeholders for their research, who might benefit from the knowledge, how to reach them and how to involve them and when.</p> <p>The guide has a useful step by step approach to stakeholder engagement and some planning and mapping tools.</p>

Guide	Who should use the Guide and when?
<p>5. Planning for impact</p>	<p>This is an important guide for anyone planning their research project, no matter what size of project. Thinking about impact should happen during planning to identify the intended outcomes and the type of impact the researcher wants to achieve.</p>

	This guide is a step by step approach to impact planning and includes tools to identify and record the impact that has been made.
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Guide	Who should use the Guide and when?
6. Evaluating your knowledge translation and dissemination: how do you know what you achieved?	<p>Anyone who has used any of the other guides to plan the dissemination and sharing of their research and knowledge, and has engaged stakeholders, should think about evaluating what they have done.</p> <p>This guide is a step by step approach to evaluation and provides planning templates and tools to assist the researcher.</p>

Additional documentation	
<ul style="list-style-type: none"> <li>• Practical Tools and Templates for all HSE Researchers and those who use research findings</li> <li>• Knowledge Translation, Dissemination, and Impact Planning Checklist</li> </ul>	<p>This toolkit brings together all the tools and templates contained within the 6 guides.</p> <p>This checklist is to help researchers ensure they have included all the important factors in their knowledge translation, dissemination, and impact plans.</p>

**We hope you find these guides helpful. Each guide provides links to other helpful resources and information.**