



Agents of Change: A knowledge exchange mindset for emerging researchers

MAKE YOUR RESEARCH MATTER

***A knowledge exchange workshop for
Social Health Sciences | School of Health Sciences***

Thursday 11 June 2015

WORKSHOP AIMS

The emerging research workforce is increasingly focused on investing in research that has an impact. There is awareness that if research is to be applied and improve health outcomes then it generally requires more than a publication, it needs to be utilised as a resource.

Researchers who want to make a difference tend to work beyond academic circles. They work with research users, including policy-makers, practitioners, consumers, community organisations, and other researchers. They understand this increases the value of their research as a relevant, timely and applicable resource to influence policy, practice and future research. They take the time to build professional relationships across diverse sectors and engage with research users from the outset to inform their research directions. They cultivate a collaborative perspective that is founded on a deeper appreciation of the diversity and value of knowledge beyond research findings.

This cultural mind-shift, often categorised as knowledge exchange (KE), is particularly valuable in health which is complex, spans varied settings, is provided by different professionals and centres on the consumer. It is a dynamic, multidimensional space that incorporates political, organisational, personal and professional priorities and values.

A KE orientation gives researchers the advantage of appreciating the complexity of this space so they can engage more effectively to maximise the value of their research. It also encourages them to consider additional strategies beyond publication not only for communicating their findings to their diverse stakeholders but also to facilitate implementation.

Basically a KE outlook encourages researchers to develop an outward facing perspective. It requires two critical steps:

- ❖ Engaging with research users from the outset to ensure research is relevant, and
- ❖ Continuing to work with research users to communicate research findings to make a difference.

Both steps require a different perspective and a different set of skills from those generally included in the research curricula of higher education institutions.

Accordingly, this workshop has the following overall aims:

- ❖ Introduce the concept of seeing your research as a resource and not just a publication;
- ❖ Give you an understanding about working effectively with research users;
- ❖ Introduce you to some resources and tools to help your research have an impact;
- ❖ Expand the network of emerging health researchers who want to research to make a difference.

We hope this workshop will support you to further activate your research.

Dr Christina Hagger
Senior Research Fellow and Knowledge Exchange (KE) Manager, PHCRIS

Dr Jodie Oliver-Baxter
Research Fellow, PHCRIS

Dr Lynsey Brown
Research Fellow, PHCRIS

Ms Amanda Carne
Research Associate, PHCRIS

PROGRAM

Time	Outline	Presenter
AIM	SWITCHING ON THE KNOWLEDGE EXCHANGE (KE) MINDSET	
09:30	WELCOME Relevance of KE to your work	Dr Jessie Gunson, Lecturer: Social Health Sciences
09:35	Outline of workshop and roundtable introductions	Facilitators: Dr Jodie Oliver-Baxter & Dr Lynsey Brown, PHCRIS Research Fellows
09:45	What is knowledge exchange? Why is it important? Research that matters: <ul style="list-style-type: none"> • Contributes to improved health outcomes • Offers a return on investment • Influences policy development & practice Challenges of the space we are working in. Short video: 'Knowledge Exchange – a paradigm shift'	Dr Christina Hagger, Senior Research Fellow, Knowledge Exchange Manager, PHCRIS
09:55 Panel presentation	Your research users determine the value of your research. Research user perspectives: <ul style="list-style-type: none"> • Policy – Kerri Kellett, Liaison Officer Primary Health Care Research, Evaluation and Development (PHCRED), Department of Health • Consumer – Julie Marker, Chair, Cancer Voices SA Q&A	Dr Christina Hagger
10:25 Activity	Sketch out your research users. <ul style="list-style-type: none"> • What is the value of your research for them? • What value can their real world knowledge add to your grant applications, research and dissemination strategies? Feedback/Discussion	Facilitators
11:00—11:30 Networking Coffee		

AIM	PRACTICAL KE SKILLS and RESOURCES	
11:30 Activity	The KT Game – engage with research users from grant application to dissemination Feedback/Discussion	Ms Amanda Carne, PHCRIS Research Associate
12:10 Short videos	Research dissemination and tips for writing in plain language for different audiences. VIDEOS <ul style="list-style-type: none"> • Research dissemination • Plain language communication 	Facilitators
12:20 Activity	Customise your research pitch to get people interested in your research, including potential funders, in <1min. Tips on social media and tweeting from the outset.	Facilitators
12:40	Wrap up – PHCRIS resources and how PHCRIS can help	PHCRIS
12:50	Evaluation	Facilitators
13:00	CLOSE	

PRESENTERS & PANELLISTS

SOCIAL HEALTH SCIENCES



Dr Jessie Gunson

Lecturer: Social Health Sciences

Topic Coordinator: HLTH2101 and HLTH3102

Jessie is a health sociologist. She has a specific interest in qualitative research methods, particularly those that explore how health and illness is negotiated within families and personal relationships. Jessie held a Postdoctoral Fellowship from the UK Economic and Social Research Council (ESRC), in the Centre for Research on Families and Relationships (CRFR) at The University of Edinburgh from 2008-2010, and was on the CRFR Knowledge Exchange Committee during that time. Jessie is currently collaborating on research in two main areas: how families negotiate sensory issues in relation to food, and contraceptive decision making across the life-course. Jessie is interested in how research can be social justice driven and the relationship between research impact and ethics.

PANELLISTS



Kerri Kellett

PHCRED Liaison Officer, APHCRI

Kerri works as the Primary Health Care Research, Evaluation and Development (PHCRED) Liaison Officer with the Commonwealth Department of Health. In this role she works closely with primary health care researchers and academics at a number of universities and spends one day each week working from the Australian Primary Health Care Research Institute (APHCRI) at the Australian National University (ANU).

As a 'knowledge broker', Kerri's role is to promote and support knowledge exchange and knowledge transfer between academics, researchers and policy makers.

After studying politics and economics, Kerri started her career working in the political environment as a policy adviser and then subsequently moved into the Australian public service. Since joining the public service, she has worked in the Department of Prime Minister and Cabinet and Invest Australia before moving to the Department of Health in 2006. From 2011-12, Kerri also spent a year at the Australian Health Practitioner Regulation Agency working as the Executive Officer of the newly established Aboriginal and Torres Strait Islander Health Practice Board of Australia.

Kerri has a strong interest in health policy and recognises the importance of evidence based policy making. She is strongly committed to working towards creating stronger linkages between researchers, academics and policy-makers.



Julie Marker
Chair, Cancer Voices SA

Julie is a 3 times colon cancer survivor and Chair of Cancer Voices South Australia, 'Raising a voice for people affected by cancer' through advocacy, involvement, awareness and information. We want good systems, not just good luck! and we want a focus on wellness and not just on illness.

Julie listens to survivors' experiences and supports them to 'tell their story' for the purpose of raising awareness of issues, challenges, things done well, and things that could be done better. Julie has organised 'survivors as teachers' tutorial sessions for 100s of medical and nursing students at Adelaide as well as Flinders University and actively participates in Cancer Voices cycling group rides into the hills every Sunday morning as well as a newly formed walking group.

As a consumer rep on committees, on advisory groups for cancer research, on working groups for cancer projects ... there are many ways to use my cancer experience and try to 'make a difference' to improve the path for others. Julie participates in research on the Consumer Advisory Groups of the Primary Care Collaborative Cancer Clinical Trials Group, Psycho-Oncology Research Group and Australasian Gastrointestinal Trials Group, and is a consumer rep on the SA Cancer Services Strategy Group and Survivorship Framework project, CareSearch Palliative Care Knowledge Network, Australian Institute of Health & Welfare (AIHW) Cancer Data Monitoring Advisory Group, SAHMRI Cancer Clinical Collaborative, and 'Return to Work after Cancer' Project.

Primary Health Care Research and Information Service

KNOWLEDGE EXCHANGE TEAM



Dr Christina Hagger
BA (Hons), MBA, PhD
Senior Research Fellow and Knowledge Exchange (KE) Manager

Dr Hagger's primary responsibility is to maximise the value of research as a resource to improve health care outcomes. Key to this role is developing the understanding that research, alone, is only part of the answer to complex issues.

Christina has an extensive background in capacity building that includes the convening of knowledge exchange events. These events range from the annual *Primary Health Care (PHC) Research Conference* through to smaller tailored events.

The national *Primary Health Care (PHC) Research Conference* routinely attracts some 450 researchers and research users (policy-makers, practitioners and consumers) for face-to-face discussion on implications of the latest research.

Christina conceptualised and convened the inaugural 2014 *KE Workshop for Higher Degree Students* working in primary health care. She conceptualised and convened the annual *Research Policy Conversation (RPC) Series*, an invitation-only event for senior researchers and policy makers. This intentionally informal event uses a café style approach to encourage an atmosphere in which participants can engage, gain a different perspective and build relationships.

Christina is co-convenor of the national *KERTI* [KE knowledge exchange; RT research translation; I implementation] network. This is a national collaboration of people with a shared vision of advancing the fields of knowledge exchange, research translation and implementation to ensure more effective utilisation of relevant research and evidence by research users.

She is co-convenor of the *Reducing the Research to Policy Gap* public seminars. This series is jointly presented by the Health Services Research Association of Australia and New Zealand (HSRAANZ), the South Australian Health and Medical Research Institute (SAHMRI), Cancer Voices and PHCRIS.

Aside from face-to-face events, Christina uses innovative technology to bring people and ideas together. Her innovative approach to KE is drawn from a unique blend of perspectives that integrate her former experience working as a policy advisor in the State Health system with her background in qualitative research. She has a strong interest in communications as well as systems change, particularly the power of organisational cultures as inhibiting or enabling triggers for individual behaviour that was developed during her studies for the Master of Business Administration.

Her interest in maximising the value of the PhD training to prepare students for a societal contribution was fostered when working as A/Post Graduate Coordinator and Higher Degree Supervisor at the Joanna Briggs Institute at Adelaide University.

KE TEAM (continued)



Ms Amanda Carne
BBehavSc, Grad Cert in Public Health Research and Evaluation
Research Associate, PHCRIS

Amanda Carne is a Research Associate within the PHCRIS Knowledge Exchange team. She has a background in leisure/recreation management, completing a Bachelor of Behavioural Science in 2007 and postgraduate studies in Public Health Research and Evaluation in 2011, at Flinders University.



Ms Julie McTaggart
Administration Assistant

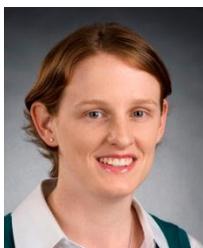
Julie's role at PHCRIS is to provide administrative support for the PHCRIS multi-disciplinary team. Support includes: assisting with the planning and organising of PHCRIS knowledge exchange events, development of PHCRIS products, liaising with external stakeholders regarding data collection for Research Profiles, coordinating the maintenance of PHCRIS databases and maintaining the PHCRIS library using bibliographic software. Julie is also the secretariat of the PHCRIS Strategic Advisory Group and KERTI.

FACILITATORS



Dr Jodie Oliver-Baxter
B.Arts (Hons), PhD (Psychology)
Research Fellow, PHCRIS

Jodie is a Health Researcher and Educator who completed her PhD in the School of Psychology at The University of Adelaide in 2011. Her research explored the relationship between psychological and physiological health and well-being. Jodie is currently working at the Primary Health Care Research & Information Service (PHCRIS). Her current research projects are exploring the development of the primary health research workforce and knowledge translation and exchange training for higher degree students. Research interests: health psychology, knowledge exchange and translation, and psychoneuroimmunology.



Dr Lynsey Brown
B.Psych (Hons), GradDipSocSci (CounsStud), PhD
Research Fellow, PHCRIS

With an interest in health psychology, Lynsey completed a PhD in 2013 which focused on the physical and psychological wellbeing of spouse dementia caregivers. She has a Psychology Honours degree (Flinders University) and a Graduate Diploma in Counselling (UniSA). Lynsey is currently undertaking a Master's degree in Public Health (Torrens University).

Lynsey is involved in teaching undergraduate allied health and postgraduate medicine subjects which focus on biopsychosocial approaches to health and illness. At the Primary Health Care Research and Information Service Lynsey is involved in knowledge exchange (as Co-Convenor of the Primary Health Care Research Conference) and the synthesis and review of evidence on topical policy-relevant issues in primary health care.

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