

**Rosie Forster**

### **Translating Evidence into Practice - NICS**

Health and medical research constantly produces important new findings to improve patient care. However, despite advances in technologies, procedures and other new insights, there is often a gap between what is known from the best available evidence, and what actually happens in practice. Even the results of landmark studies can take up to 17 years to be implemented into routine care.

This problem – the gap between best available evidence and patient care – is increasingly a field of research in its own right, known as ‘implementation science’ or ‘knowledge translation’. This area of research recognises that the adoption of new evidence often requires individuals, teams and systems to work in different and new ways. The dissemination of new knowledge is necessary, but not sufficient, in addressing the complex changes needed in clinical practice, behaviours and systems to improve the timely and consistent uptake of evidence. Implementing change often involves significant effort and commitment from dedicated health care professionals, as well as time and money. Research findings from the field of knowledge translation can be used to better inform these efforts and resources.

This presentation will provide participants with examples of practical frameworks and strategies that the National Institute of Clinical Studies (NICS) has successfully used in developing and implementing programs to improve the uptake of evidence into practice.

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*Rosie has a Master’s Degree of Business from the Queensland University of Technology. Her undergraduate degree is in Physiotherapy and she gained clinical experience in acute and ambulatory settings, before taking on postgraduate studies and other roles in the health care system.*