

# KT 101 – Tips for Getting Started with Knowledge Translation



Before developing a knowledge translation plan, here are a few tips that can help your team get started.

- Think about the definition of KT from your funders, partners and team members' perspectives, e.g., [CIHR](#), [SSHRC](#). Is there other terminology to consider based on the funder, e.g. integrated KT, end-of-grant KT?
- Shape your planning around WHY KT is important for your project, ideas include:
  - Share knowledge, generate awareness, interest, buy-in
  - Teach/train next generation
  - Inform research(ers); Inform the public
  - Facilitate policy change
  - Other:
- Include an individual on your research team that has expertise in KT and leverage existing networks and experts, involve students!
- Determine if you want to base your plan on a particular KT framework
- Include KT support into your budget
- Think about accessibility from both disability and cultural standpoints, and ensure your content is inclusive and respectful
- Engage your organization's communications department at the beginning of your project to ensure you are following proper outreach and communications protocols
- Be flexible - plans are meant to emerge and change as your research or project is carried out
- Assess for alignment throughout your KT plan. Does the goal make sense for the knowledge user? Is the message you're sharing and the KT dissemination strategy you're using evidence-based?
- Explore what already exists – the WE-SPARK website is a good place to start!
  - KT tools, templates, consultations and workshop recordings

Contact us for support: [wesparkhealth@uwindsor.ca](mailto:wesparkhealth@uwindsor.ca)