

Interactive Knowledge Translation: An occupational therapy approach that promotes client choice and action

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Introduction: Occupational therapists often take on the role of knowledge brokers, helping clients use information to adapt and transform their lives. However many occupational therapists receive little or no training in knowledge transfer principles or how to use these principles to effectively help clients use knowledge needed to make change in living or working with newly exposed disabilities.

Objectives: In this presentation principles of knowledge transfer relevant to helping clients with chronic health conditions to re (engage) in occupations will be presented. An Interactive Knowledge Translation (IKT) approach based on research with persons with chronic health conditions will be overviewed.

Description: An IKT approach involves interactions between occupational therapists (OTs) and the client, which progresses the client's understanding, interpretation and use of knowledge and information needed to take action based on informed choices and decisions. An example of occupational therapists in using this approach to develop a program to support IKT will be provided.

Results: An IKT approach is a flexible process that can be used in diverse occupational therapy settings where practical, professional and/or evidence-based information and knowledge is shared between therapist and client to promote knowledge use in daily life.

Conclusion: IKT supports the participation and involvement of clients in a partnership to understand and reflect on knowledge and information that is relevant to them. Using IKT can help guide therapists in enabling clients to make decisions and take steps toward achieving goals or changes.

Contribution to practice: Using an IKT approach will position occupational therapists to integrate more effective and evidence-based knowledge transfer principles into client-centred practice.