

Week 6 Discussion: Translation Science Theories and Models

Reflect on your practice problem as you consider possible solutions and address the following:

Elaborate on your practice problem and select one translation science theory or model from the readings or lesson this week.

At the rate at which illnesses continue to rise globally, healthcare providers strive to provide optimal care using evidence-based practices. Depression is a national practice problem, and it continues to rise. Effective intervention based on evidence-based practices is a viable option to address the issues associated with depression. Evidence-based practices are needed to provide options/interventions and implement effective strategies to treat and manage depression in the populations affected. Currently, nurses are saddled with the need to base their practices on well-researched and evidenced-based practices to enhance their patient care and the overall outcome while providing quality care (Ten Ham-Baloyi, 2022). The translational model chosen is Knowledge to action (KTA). According to Field et al. (2014), it was adapted into the healthcare setting and believed to fit nicely into diversified real-world healthcare. The primary focus is the patient, the public setting, nursing, and other allied healthcare systems. The use of evidence-based practices, when incorporated into the best research by nurses, the patient achieves the best possible care and optimum outcome. The liability of out-of-pocket medical costs, health literacy, stress, and difficulty with seeking help, would be noted as a significant predictor of depressive symptoms in a particular population, and patient-centered care is developed. According to Esmail et al. (2020) if the objective is to utilize a practice change, KTA would be adequate to achieve this goal. Knowledge to action (KTA) provides a theoretical framework supporting research and healthcare providers in implementing evidence-based practices in various healthcare settings. These would allow nurses and other stakeholders to learn and be equipped with the skills to complete research effectively and facilitate the use of research knowledge, thereby allowing for this research to be put into practice.

Provide a description of the components in the translation science theory or model you chose.

Knowledge to Action (KTA) model is a theory in translation science that examines the steps necessary to move from research and evidence to practical interventions. The four main parts of the model are as follows: new knowledge generation, knowledge synthesis, new knowledge translation, and new knowledge exchange. Successful implementation of evidence-based interventions requires all these pieces, each addressing a different facet of Knowledge to action process (Ten Ham-Baloyi, 2022). The KTA model can aid medical professionals both in hospital and public settings in managing depression more successfully.

The KTA model's initial phase is a situation assessment. This entails investigating the frequency of depression in all settings, the varieties of depression observed, and any additional elements