

# EVIDENCE TO EXCEL (E<sup>2</sup>E): A PROCESS FOR KNOWLEDGE TRANSLATION IN PHYSICAL REHABILITATION AFTER STROKE

## SUMMARY

Due to the 17 year delay between research publication and implementation into clinical practice, our initiative aims to develop and implement a process for “bench to bedside” knowledge translation in the context of physical rehabilitation of people with stroke.

## DESCRIPTION

Evidence to Excel (E2E) is a systematic, guided process to help rehabilitation professionals increase use of the best available research evidence for clinical decision making in stroke rehabilitation. Knowledge translation in stroke rehabilitation is challenging because a broad research base has led to numerous treatment recommendations, which can involve complex interventions. Thus, it is hard for clinicians to provide evidence based care to maximize recovery. Marquette and collaborating institutions will pilot E2E in the Stroke Rehabilitation Center of Southeastern Wisconsin to help clinicians improve the care they deliver and help stroke survivors maximize recovery.

## MILESTONES

### July 2018-December 2018

**Theory Phase** - identify goals; evaluate research; design ideal program

### January 2019-June 2019

**Reality Phase** - compare ideal to front-line practice; improve upon previous plan

### July 2019-June 2020

**Implementation Phase** - implement plan into practice; evaluate utility; modify program

### July 2019-December 2020

**Dissemination Phase** - record development and implementation; license, distribute, and train outside entities

## ABOUT OUR TEAM

**Dr. Sheila Schindler-Ivens, Lead Supervisor, Coordinator, & Educator**

Marquette University & Stroke Center

**Dr. Allison Hyngstrom, Scientist & Clinician**

Marquette University & Stroke Center

**Dr. Brian Schmit, Scientist & Clinician**

Marquette University, Medical College of Wisconsin, & Stroke Center

**Dr. John McGuire, Scientist & Clinician**

Medical College of Wisconsin & Stroke Center

**Dr. Matt Durand, Scientist & Clinician**

Medical College of Wisconsin & Stroke Center

**Dr. Molly Agnew, Scientist & Clinician**

Stroke Center

**Dr. Jeff Wilkens, Administrator**

Marquette University

**Bridget Morehouse, Health Care Reimbursement Expert**

Marquette University

**Dr. Daniel Pinto, Health Economist**

Marquette University

Marquette University and the Stroke Center have an outstanding team of scientists and clinicians who have devoted their careers to understanding and improving movement in people with stroke. Many of us have worked with stroke survivors for decades. We appreciate the impact of stroke-related disability and are highly motivated to enhance quality of life with this population.

## BEYOND BOUNDARIES

E2E will help Marquette University move Beyond Boundaries by putting Research in Action to improve the lives of others. Physical therapists express positive attitudes about using research to inform clinical decision making. Yet, numerous barriers, particularly in stroke rehabilitation, create a gap between research and practice. We have assembled a team of clinicians, scientists, health economists, administrators, and students from Marquette and collaborating institutions to address this gap.