

# Increasing Effectiveness in Health Care through the Targeted Transfer of Research Findings into Practice

The translation of promising scientific findings from clinical research into patient care is often called the “valley of death” because this transfer is frequently unsuccessful. Studies show that as little as 14% of research results are implemented into health care. In addition, the translation of research findings into practice is slow – it takes 14-17 years until they are broadly used. Sustainability of implemented findings is even lower. This systemic failure results in negative consequences:

1. The potential of clinical research is not fully harnessed.
2. Low-value care occurs and reduces patient safety.
3. As a result of reduced efficiency and only partial realization of evidence-based practices, there is a lack of sustainability in health care.
4. Disincentives are allowed to develop.
5. There is great potential for reducing health care costs through avoiding ineffective practices which remains largely untapped.

Over the last few years, it has become clear that the implementation of evidence-based interventions necessitates specific research methods that go beyond traditional research methods (e.g. contextual analysis, implementation strategies).

The suggested NRP aims to research the implementation of evidence-based interventions into health care, i.e., the uptake by health care providers and the path to wide-spread use in the population.

Aims of the NRP:

1. Increasing the value of academic clinical research
2. Reduction of low-value care
3. Attainment of evidence-based, sustainable health care

These goals are reached through a scientific investigation of the following questions:

1. How can innovations be developed early on in such a way that the probability of successful implementation is increased? (user-centred design)
2. How can low value treatments and diagnostic tools be eliminated from care delivery? (de-implementation)
3. How can the integration of interventions be more efficient and sustainable? (implementation)

The proposed NRP has the potential to overcome “Know-Do-Gaps” between medical, nursing, preventative, and public health research findings and their usage. By closing these gaps, premium-quality health care and prevention as well as increased patient safety can be achieved.

