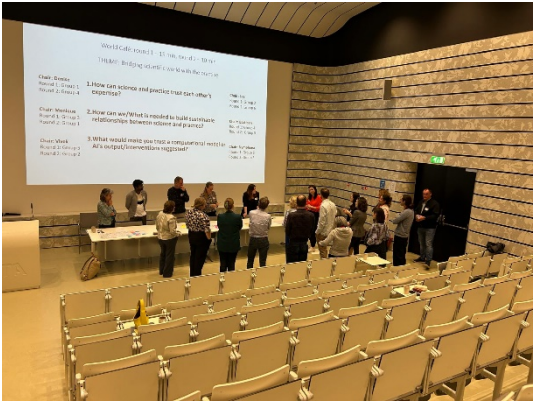


World Café MetaHealth – Bridging the scientific world with practice

During the half-yearly meeting on April 15th 2024, we organised a World Café with the theme “Bridging the scientific world with practice”. Attendees were divided over 6 groups. Each group worked on/discussed 2 out of 3 questions, spread over 2 rounds. The second group build upon what was retrieved in de first round. The collected answers to each of the 3 questions were combined by the discussion leaders at the end of the 2 rounds. The compiled answers were then reported back in a short plenary session.

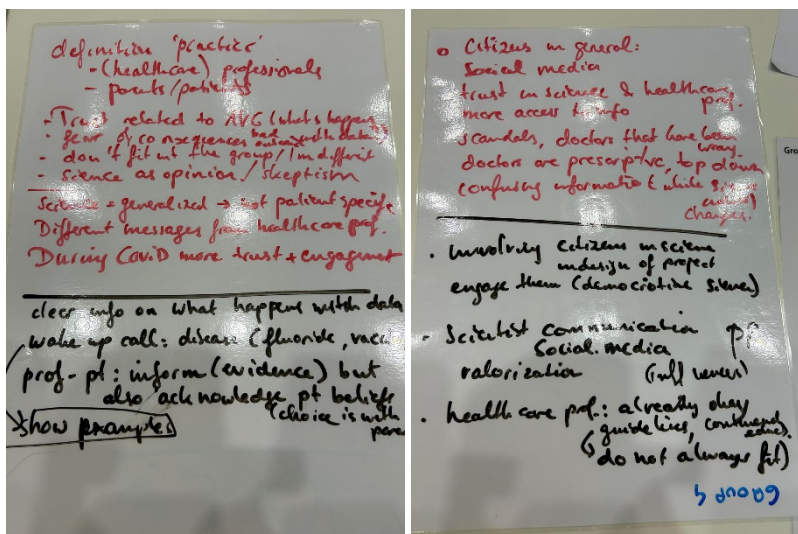


Question 1. How can science and practice trust each other's expertise?

By Denise Duijster & Lea Hohenhdorf

The discussion of the first group started by defining 'practice' (healthcare professionals as well as general public, citizens, patients) and listing the reasons for distrust of the public in science:

- More access to information via internet. No need to fully rely on the expertise of the professional for obtaining information
- Misinformation on social media
- Overwhelming amount so it gets hard for people to differentiate
- General distrust in public institutions, such as politics and universities & the attitude of 'science is just another opinion'
- Scandals and negative experiences, e.g. doctor who has made the wrong diagnosis
- Confusing information, since science is changing and new information / evidence emerges, and therefore (health) messages change
- Distrust because of the opinion that you are different than those studied in science
- Distrust with regard to science participation: what happens with the data, where will it be stored, etc?
- Distrust with regards to science participation: what if results are negative and e.g. child protection will come to visit?



Strategies to improve trust between science and practice included:

General population:

- Involving/engaging citizens in science in the design of projects and interventions (democratize science).
- Improve science communication: how do we translate research findings to clear messages for the public? How to use social media? 'Researchers as influencers'.
- With regards to science participation: provide very clear information (in simple language) on how data is handled.

General population in relation to healthcare professionals

- Important for healthcare professionals to provide information on the evidence, but also to listen to the perceptions and wishes of patients and work together towards an evidence-informed and patient-centered plan.

Healthcare professionals

- We felt that there is quite some trust from healthcare professionals in science already through education in evidence-based medicine, continuing education and evidence-based guideline use.

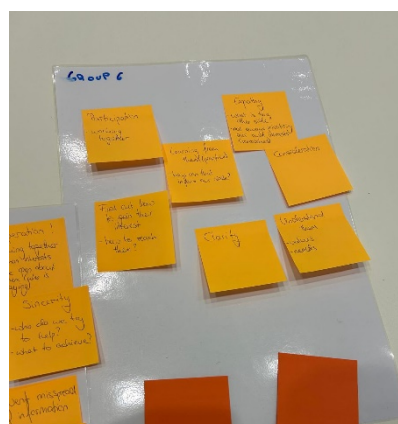
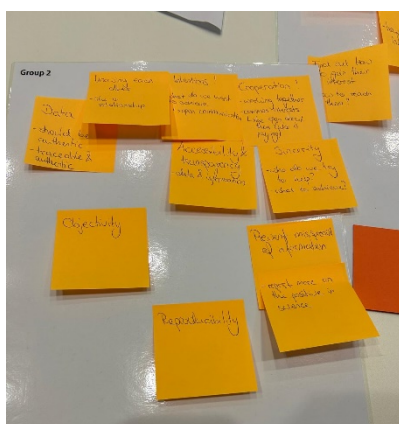
The second group indicated that the cooperation between science and practice should be seen as a relationship and handled with similar values:

- Open and honest communication (stop talking down to people from the “ivory tower”, what do we want?)
- Empathy (e.g. for failings, we are all just humans and we are making mistakes or change or opinions)
- Consideration (be aware of each others humanity and the situations they are in)
- Understanding (what are each others values and needs?)
- Sincerity (who do we try to help? What are we all trying to achieve at all?)

This group also stated that, even though healthcare professionals do already have considerable trust in science, the relationship can still be quite strained (especially considering participation in science due to various factors) – while it is understandable it might decrease the researcher’s trust in them. How to deal with it?

- Participation (not just involve them but also integrate yourself into their practice and expertise by e.g. follow along)
- Honestly learn from them (how can their knowledge inform our side?)
- Clarity (what am I here to do and how can this help you/how does it affect you?)
- Get to know them before asking for something (what are their interests, needs, values? What is their side?)
-

‘Sometimes it can make sense to stop in your pursuit and step back and listen’



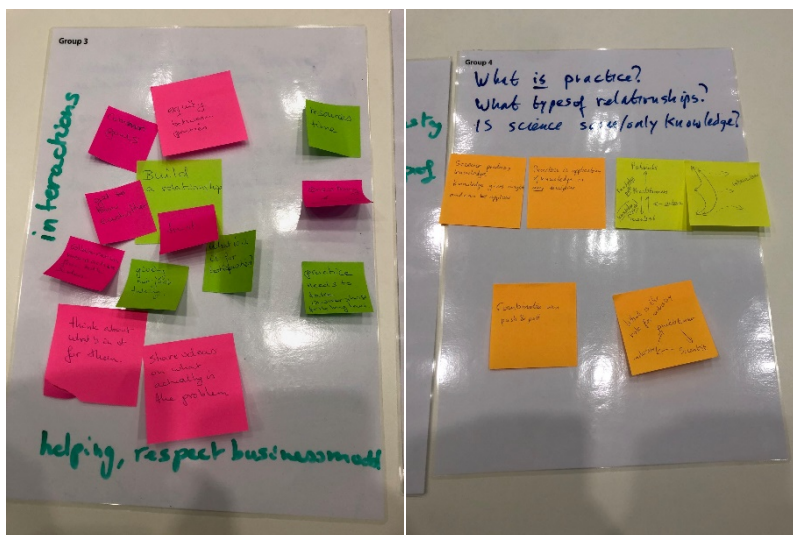
Question 2: How can we / What is needed to build sustainable relationships between science and practice?

By Monique van der Veen & Bastiaan Krom

To build sustainable relationships one needs interactions based on:

- Trust, which requires to get to know each other and collaboration, i.e. active from both sides.
- Equity between parties.
- This also requires parties to consider what is in it for the other party, rather than just considering what is in it for us, i.e. giving not just taking.
- Shared ideas about the problem that is worked on (common goal setting), with practice needing to take ownership on the long run.

To establish this, one needs *resources* and *time*.



The second group discussed the role of science as producer of knowledge, knowledge giving insight and can be applied, while practice is the application of knowledge in any discipline. Further the interactions between science, practitioners and patients was discussed and whether parties mostly they push and/or pull knowledge. Leading to the scheme as shown below.

