

Implementation in rehabilitation: a roadmap for practitioners and researchers

Introduction

Challenges abound when implementing complex evidence-based therapeutic interventions in rehabilitation in rapidly changing health and social care environments. Our international collaboration developed a model to describe how implementation concepts and theories can inform implementation strategies in rehabilitation. Using the analogy of a journey we developed a road map for implementation in rehabilitation.

AVOID ROAD BLOCKS (The context)

Consider how each of the following interact with the intervention:

- The individuals
- The team
- The organisation
- The health/social care system
- The intervention & the active ingredients
- The evidence
- Therapist knowledge

THE JOURNEY (Implementation strategies)

Selecting the most appropriate approach given the context. For example:

- Training packages
- Journal clubs
- Champions
- Contextualised guidelines

TAKING THE RIGHT ROAD (Implementation research designs)

Beyond the RCT... other designs to study implementation over time
Qualitative studies to understand:

- Acceptability
- Feasibility
- Barriers and facilitators

THE DESTINATION (Implementation outcomes)

Outcomes might include:

- clinical • service-user • acceptability
- adoption • costs • feasibility • fidelity
- penetration • sustainability

SUSTAINING THE JOURNEY

Evaluation and monitoring:

- Plan Do Study Act
- Quality Improvement
- Adaptation
- 'Cyclical process'

NAVIGATION (Implementation theory)

Determinant Frameworks

- To optimise or explain implementation (e.g., Consolidated Framework for Implementation Research, Promoting Action on Research implementation for Health Services Normalisation Process Theory)

Process Models

- To guide translation of research to practice (e.g., Grol & Wensing Implementation model, Behaviour Change Wheel)

What next?

This international collaboration are committed to the development and application of rigorous research methods to support implementation in rehabilitation, and sustainability of change.

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START

Reference

Morris et al. Implementation in rehabilitation: a roadmap for practitioners and researchers. Disabil Rehabil 2019.