Holland Bloorview
Kids Rehabilitation Hospital

Evidence-informed implementation practice: Helping newer practitioners plan their next implementation project for success

Evidence to Care is the Knowledge Translation dream team at Holland Bloorview Kids Rehabilitation Hospital (HBKRH), from Toronto, Canada.

Implementing an evidence-informed theory-driven program includes three branches:

1. **Evidence-based practice**;
2. **Behaviour change theory** to inform the selection of the implementation strategies that are right for your context; and
3. **Implementation strategies** that are informed by evidence

Connecting the three branches of evidence in your project plan:
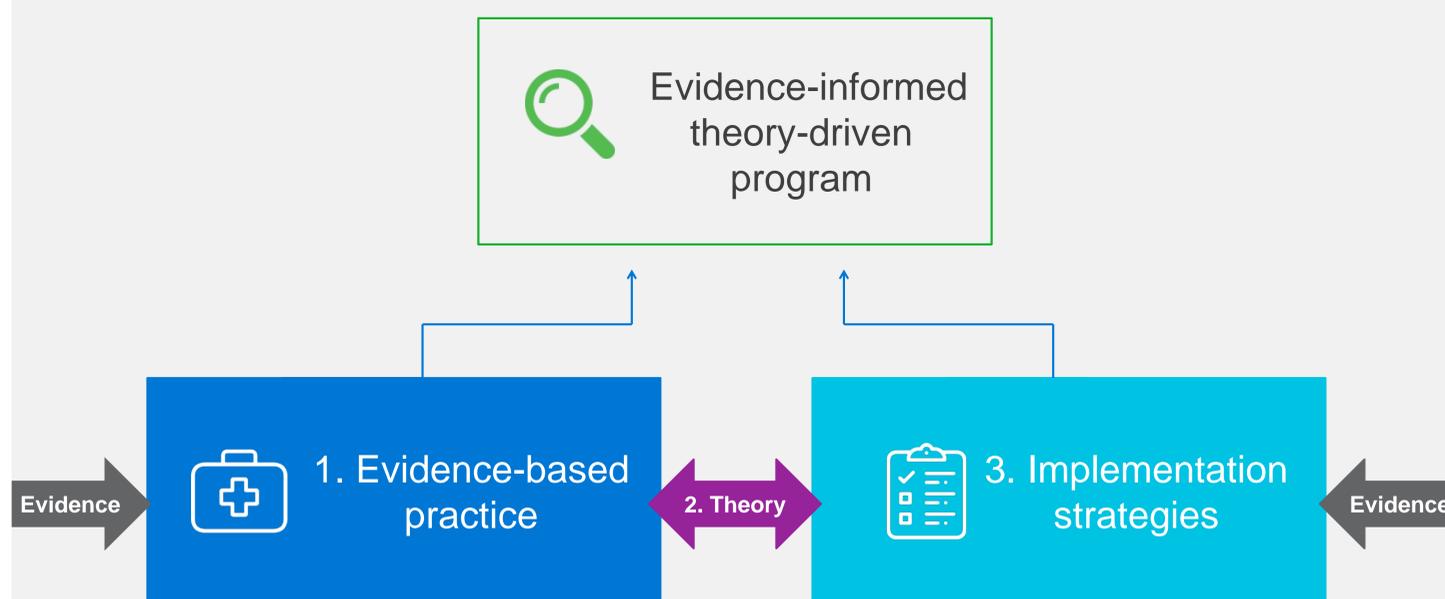
Pre-Implementation

What to do

✓ Engage stakeholders using integrated knowledge translation principles

✓ Clearly understand your practice gap

✓ Search for and select your evidence-based practice

✓ Chose an implementation framework that supports an evidence-informed approach to behaviour change

Resources

• Stakeholder engagement tool (rebrand.ly/StakeEngage)

• Integrated knowledge translation (rebrand.ly/iKT)

• Evidence quality rating tool (rebrand.ly/EvidenceQuality)

• Consensus building and prioritization techniques (rebrand.ly/GroupTechniques)

• Implementation framework selection tool (rebrand.ly/Implementation)

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Implementation projects should consider three branches of evidence equally:
1. Evidence-based practice
2. Behaviour change theory
3. Implementation strategies

Take a photo of the links!

Evidence-informed theory-driven program

Evidence → 1. Evidence-based practice ← 2. Theory → 3. Implementation strategies ← Evidence

Adapted from *Practicing Knowledge Translation Course* (pg. 100), by Li Ka Shing Knowledge Institute, 2017, Toronto, ON: St. Michaels' Hospital. Copyrighted 2017 by St. Michaels' Hospital.

Evidence-informed theory-driven program: Case example

1. Evidence-based practice:
What is the practice change and who will be doing it?

• Evidence: A clinical practice guideline recommends drug prescription for children and youth with post-stroke depression

• Practice gap: Before we can prescribe medication, how do we know if patients are at risk for depression?

• Practice change: Implementing a depression screening tool and referral across care settings

• Stakeholders: Physicians, nurses, physiotherapists, occupational therapists, speech-language pathologists, social workers and families of children with stroke

2. Behaviour change theory:
How do you know which behaviours will need to change to achieve your practice change?

• Behaviour change theory selected: Theoretical Domains Framework (TDF) which addresses the physical and social environment, individual motivation and capability factors related to implementation

• Our needs assessment showed that implementation strategies should address 12 TDF domains. Here are some examples:
  ○ Beliefs about capabilities
  ○ Environmental context and resources
  ○ Reinforcement
  ○ Knowledge
  ○ Intentions
  ○ Professional role and identity

3. Implementation strategies:
Which strategies will work for your context, informed by your behaviour change needs and evidence?

Implementation strategies selected for our context that address TDF domains:
• Group training
• Case study role-play
• Electronic medical record modification
• Decision making guide
• Scoring interpretation guide
• Tool introduction scripts
• Clinical team check-in's
• Local opinion leaders

A process evaluation was conducted using a validated TDF questionnaire. An outcome evaluation will be conducted in winter 2020.

Implementation

What to do

1. Conduct a needs assessment with stakeholders/end-users using behaviour change theory
   a. Visual techniques such as process mapping can be helpful
2. Use needs assessment results to discover barriers and facilitators to implementation
3. Select context specific, evidence-informed implementation strategies in partnership with end-users
4. Ask questions about how this new practice will be sustained after the active implementation period

Resources

• Process mapping (rebrand.ly/ProMap)

• TDF Interview guide (rebrand.ly/TDFInterGuide)

• Behaviour change technique selection tool (rebrand.ly/BCTax)

Evaluation

What to do

✓ Align evaluation activities with your implementation framework and behaviour change theory

✓ Assess implementation processes at different times during your project

✓ Make end-user informed adjustments to implementation as needed

✓ After the active implementation period, assess the impact and outcomes of the new evidence in practice

✓ Execute sustainability activities

Resources

• The Rainbow Framework (rebrand.ly/RainFrame)

• DIBQ: Validated TDF questionnaire (rebrand.ly/DIBQ)

• NHS Sustainability Model and Guide (rebrand.ly/NHS_sustain)

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2. Cane, J., et al. (2012). Validation of the theoretical domains framework for use in behaviour change and implementation research. Implementation Science, 7 (37). doi.org/10.1186/1748-5908-7-37
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