

Developing Implementation Strategies using Implementation Mapping

6/3/2022

María E. Fernández, PhD

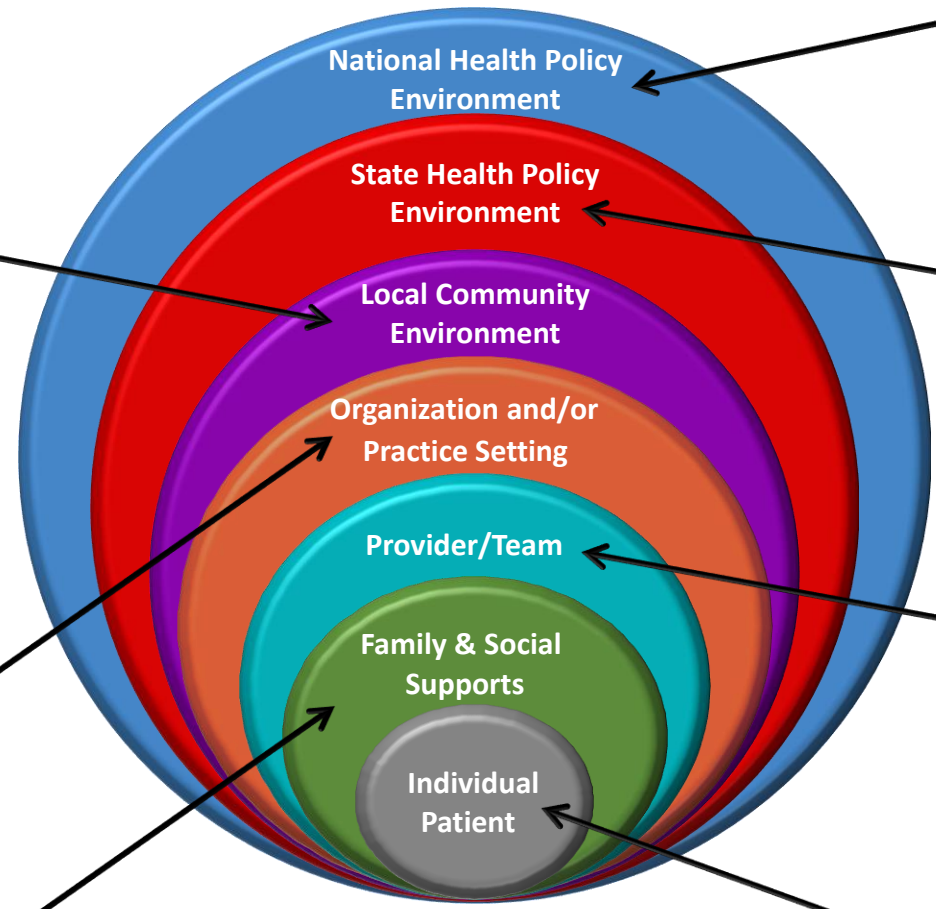
Lorne Bain Distinguished Professor in Public Health and Medicine
Professor of Health Promotion and Behavioral Sciences
Director, Center for Health Promotion and Prevention Research
Co-Director, UTHealth Institute for Implementation Science

Multiple Levels of Influence

Local Community
 Community Level Resources
 Medical care offerings
 Population SES
 Lay support networks
 Private cancer organizations
 Local Hospital & Cancer Services
 Market
 Market structure
 Level of competition
 Third party payers/insurance
 Pay for performance initiatives
 HMO / managed care penetration
 Percent non-profit
 Specialty mix
 Local Professional Norms
 MD practice organizations
 Use of guidelines
 Practice patterns

Organization / Practice Setting
 Leadership
 Organizational structure, policies and incentives
 Delivery system design
 Clinical decision support
 Clinical information systems
 Patient education & navigation

Family / Social Supports
 Family dynamics
 Friends, network support



National Health Policy
 Medicare reimbursement
 Federal efforts to reform healthcare
 National cancer initiatives
 Accreditations
 Professional standards

State Health Policy
 Medicaid reimbursement
 Hospital performance data policies (dissemination, visibility, etc.)
 State cancer plans/programs
 Regulations/limitations on reimbursement of clinical trials
 Activities of state-wide advocacy groups

Provider / Team
 Knowledge, communication skills
 Perceived barriers, norms, test efficacy
 Cultural competency
 Staffing mix & turnover
 Role definition
 Teamwork

Individual Patient
 Biological factors
 Socio-demographics
 Insurance coverage
 Risk status
 Co-morbidities
 Knowledge, attitudes, beliefs
 Decision-making preferences
 Psychological reaction/coping

Improved Quality of Cancer Care

Improved Cancer-Related Health Outcomes

(Bronfenbrenner, 1979; Taplin, et al., 2012)

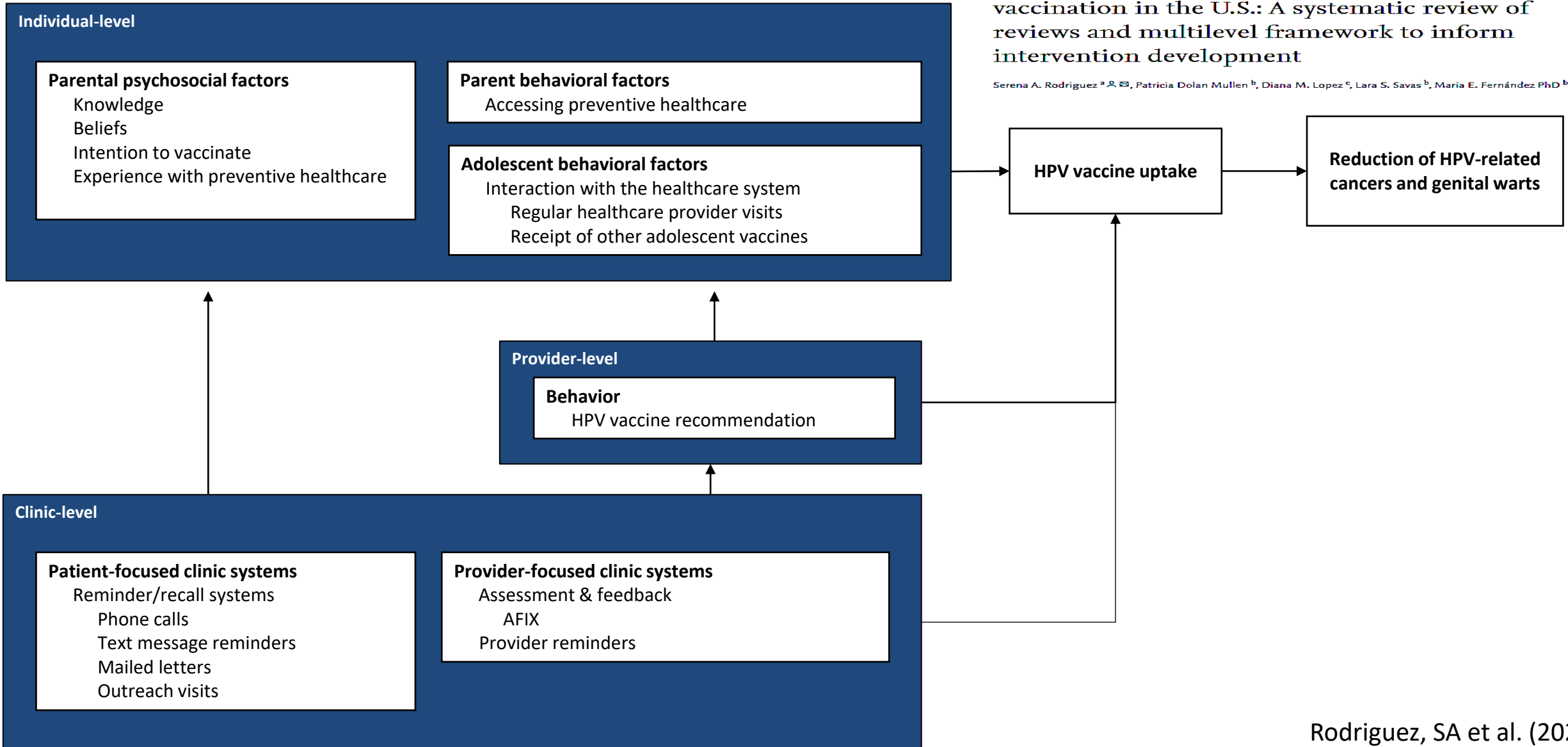
Multilevel Framework of HPV Vaccination among Adolescents in the U.S.



Review Article

Factors associated with adolescent HPV vaccination in the U.S.: A systematic review of reviews and multilevel framework to inform intervention development

Serena A. Rodriguez ^{a, R, B}, Patricia Dolan Mullen ^b, Diana M. Lopez ^c, Lara S. Savas ^b, Maria E. Fernández PhD ^b



Implementation Strategies

Implementation Strategies – Methods or techniques used to enhance the adoption, implementation, sustainment, and scale-up of a program or practice.

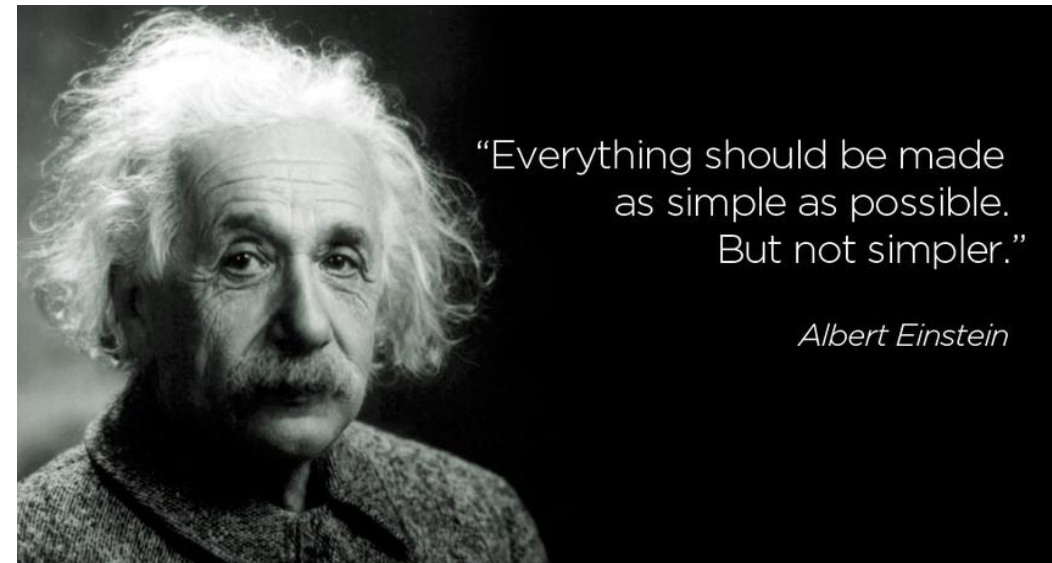
Discrete Strategy – Single action or process (e.g., reminders, audit and feedback, supervision)

Multifaceted Strategy or Implementation Intervention – Combination of multiple discrete strategies.

How do we select or develop implementation strategies?

1. Conduct an assessment of factors that influence implementation processes and outcomes (e.g. characteristics of the innovation, setting, preferences of involved stakeholders, barriers and facilitators)
2. Develop or select and tailor strategies to address these.

It's not that easy



Challenges in Selecting Implementation Strategies

- While some compilations exist, they may be less relevant for certain settings (clinical vs public health or community settings)
- Strategies included in compilations are broad and may represent qualitatively different things (delivery channel, assessments, processes)
- Limitations of the empirical literature in describing strategies
- Underutilization of conceptual models and theories in the literature,
- Variations related to the EBPs and the contexts in which they are implemented

Waltz, et al. 2014; Powell et al. 2017

Community and Stakeholder Engagement



Cancer causes & control : CCC

Author Manuscript

HHS Public Access

Participatory implementation science to increase the impact of evidence-based cancer prevention and control

Shoba Ramanadhan, ScD, MPH, Melinda M. Davis, PhD, [...], and Ross C. Brownson, PhD

Knowledge generation comes from the hands of practitioners/implementers as much as it comes from those usually playing the role of intervention researcher.

Methods for Designing and Tailoring Implementation Strategies

- Group Model Building
- Conjoint Analysis
- Concept Mapping
- **Intervention Mapping**

Methods to Improve the Selection and Tailoring of Implementation Strategies

Byron J. Powell, PhD

Rinad S. Beidas, PhD

Cara C. Lewis, PhD

Gregory A. Aarons, PhD

J. Curtis McMillen, PhD

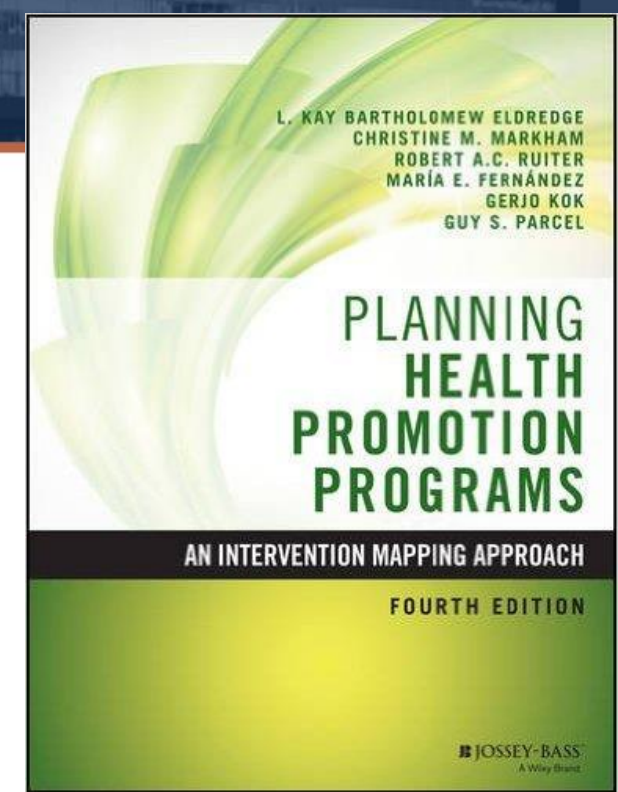
Enola K. Proctor, PhD

David S. Mandell, ScD

Baker et al. (2015); Bosch et al. (2007); Colquhoun et al. (2017); Grol et al. (2013); Powell et al. (2017)

What is Intervention Mapping?

- A **systematic approach** to multilevel intervention development, implementation & evaluation
- Uses an **ecological** approach
- Provides a **framework** for decision-making at each step of development
 - Theory
 - Empirical evidence
 - New data
 - Community input
- Incorporates **community participatory** processes

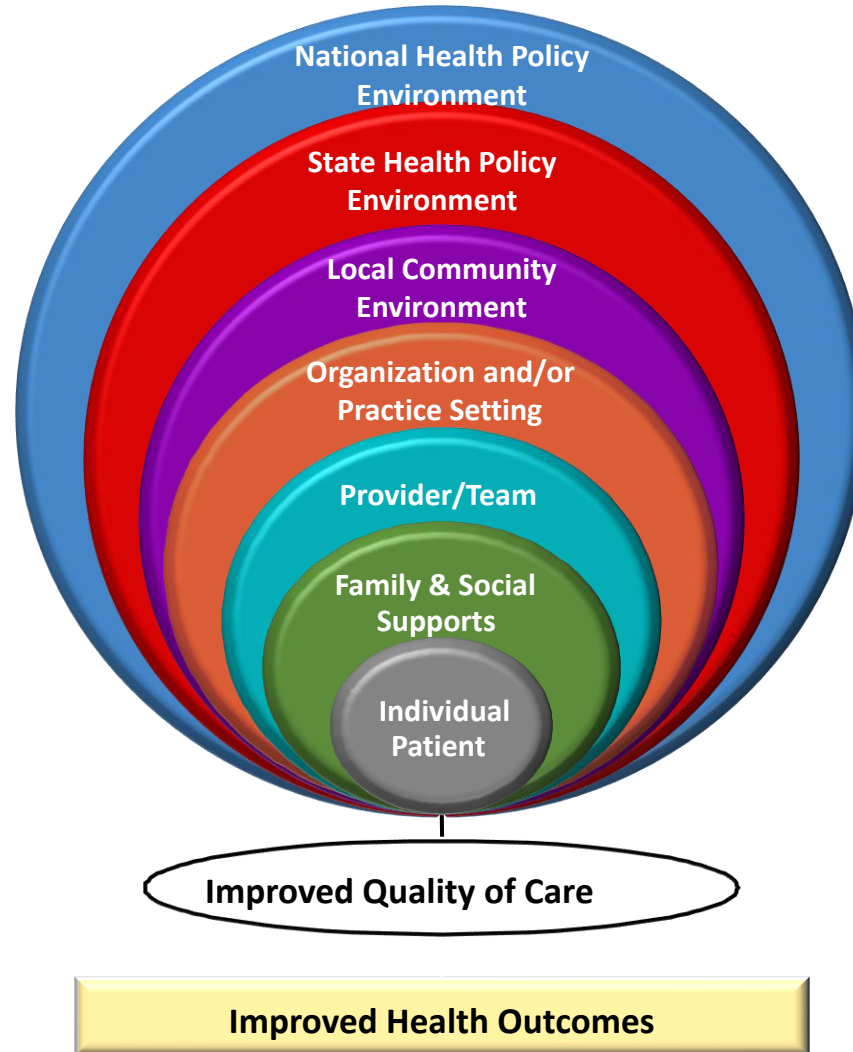
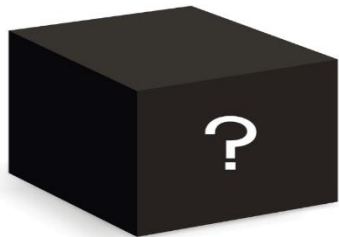


History of Intervention Mapping

Stimulated by questions that include how and when to:

- Use theory?
- Apply empirical evidence?
- Collect new data?

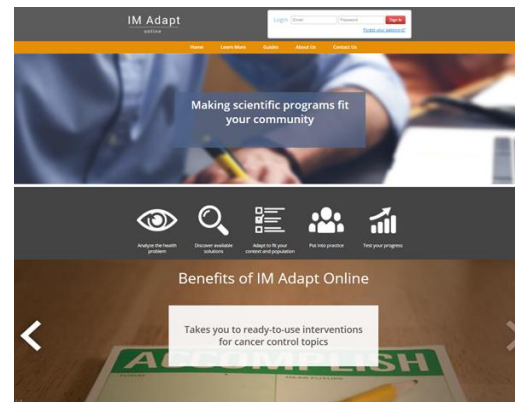
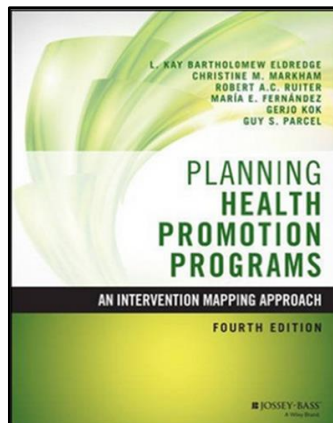
...to create effective behavior or systems change interventions



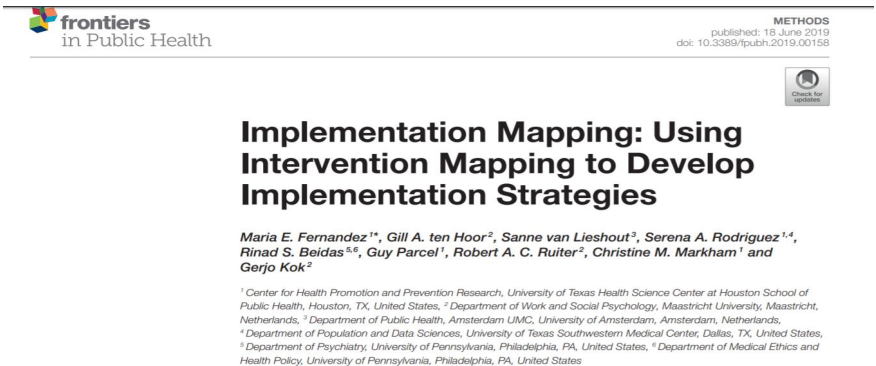
- How to take an ecological approach to program planning?
 - How to address changing the behavior of people in the environment?
 - How to address the complexity of multi-causation of problems and multi-level intervention points?

Intervention Mapping: A Systematic Approach for Intervention Development, Implementation and Adaptation

1. Co-creating interventions in ways that enhance their potential for being adopted, implemented, and sustained
2. Collaborative adaptations using IM Adapt to improve fit of evidence-based interventions
3. Co-Designing implementation strategies to influence adoption, implementation and sustainment of evidence-based approaches (*Implementation Mapping*)

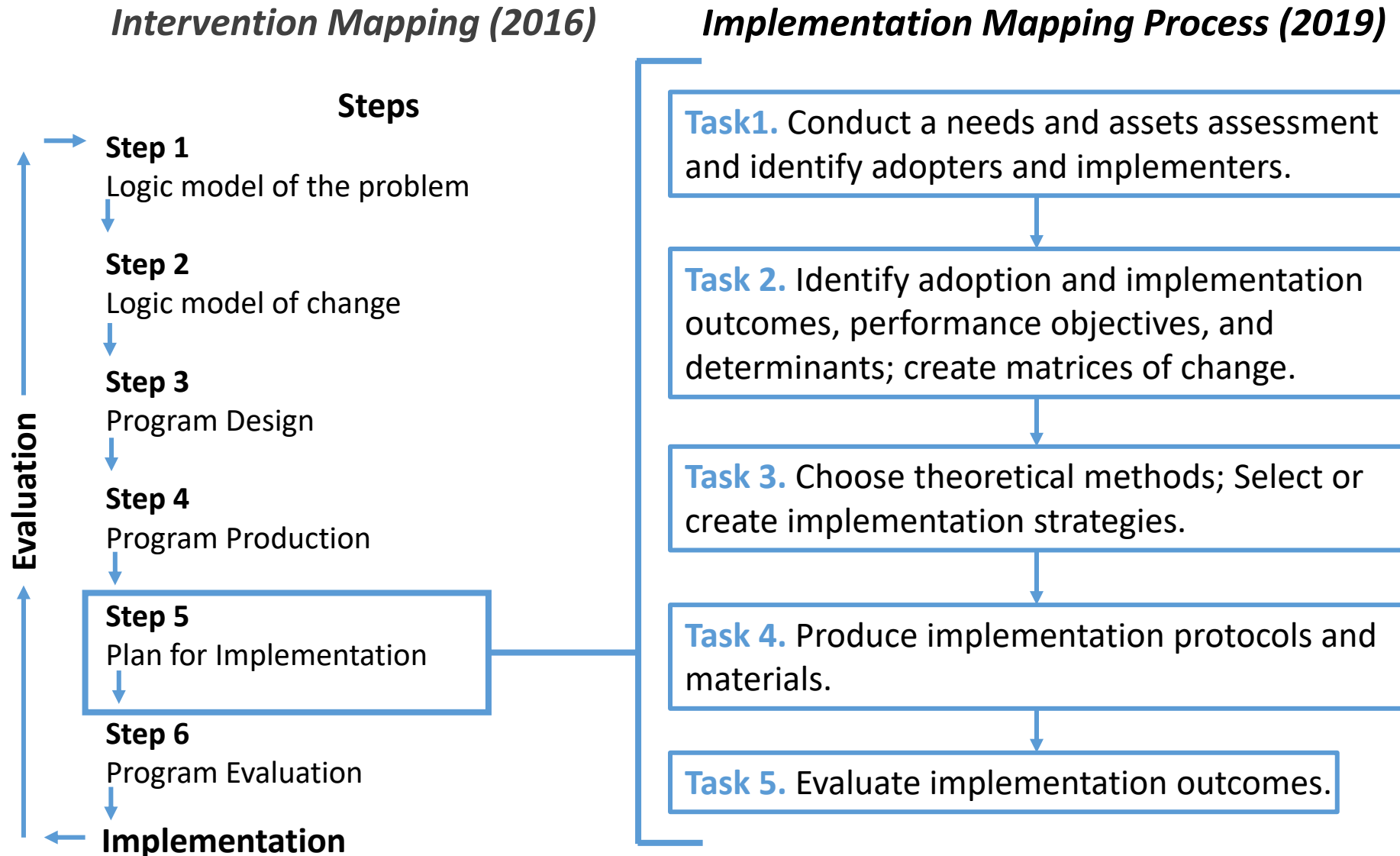


<https://www.imadapt.org>



Bartholomew Eldredge, LK, et al. Planning health promotion programs: An Intervention Mapping approach (4th ed.). San Francisco, CA: Jossey-Bass. 2016; Fernández ME, Ruiter RAC, Markham CM and Kok G. Intervention Mapping: Theory- and Evidence-Based Health Promotion Program Planning: Perspective and Examples. Frontiers in Public Health. 2019; Fernández ME, , et al. Implementation Mapping: Using Intervention Mapping to Develop Implementation Strategies, Frontiers in Public Health, 2019

Implementation Mapping



What is Implementation Mapping?

The Use of the Intervention Mapping Protocol for planning Implementation Strategies (Implementation Interventions).

Implementation Science + Intervention Mapping = **Implementation Mapping**



Implementation Mapping: Using Intervention Mapping to Develop Implementation Strategies

Maria E. Fernandez^{1}, Gill A. ten Hoor², Sanne van Lieshout³, Serena A. Rodriguez^{1,4}, Rinad S. Beidas^{5,6}, Guy Parcel¹, Robert A. C. Ruiter², Christine M. Markham¹ and Gerjo Kok²*

¹ Center for Health Promotion and Prevention Research, University of Texas Health Science Center at Houston School of Public Health, Houston, TX, United States, ² Department of Work and Social Psychology, Maastricht University, Maastricht, Netherlands, ³ Department of Public Health, Amsterdam UMC, University of Amsterdam, Amsterdam, Netherlands, ⁴ Department of Population and Data Sciences, University of Texas Southwestern Medical Center, Dallas, TX, United States, ⁵ Department of Psychiatry, University of Pennsylvania, Philadelphia, PA, United States, ⁶ Department of Medical Ethics and Health Policy, University of Pennsylvania, Philadelphia, PA, United States

Fernández ME, et al. Implementation Mapping: Using Intervention Mapping to Develop Implementation Strategies, *Frontiers in Public Health*, 2019, 7:158. doi: 10.3389/fpubh.2019.00158. eCollection 2019. PMID: 31275915; PMCID: PMC6592155.

Tasks for Developing the Implementation Plan

From Intervention Mapping Text (2016) Implementation Mapping Process (2019)

Task1. Identify potential program implementers.

Task 2. State outcomes and performance objectives for program use

Task 3. Construct matrices of change objectives for program use

Task 4. Design implementation interventions

Task1. Conduct a needs and assets assessment and identify adopters and implementers.

Task 2. Identify adoption and implementation outcomes, performance objectives, and determinants; create matrices of change.

Task 3. Choose theoretical methods; Selector create implementation strategies.

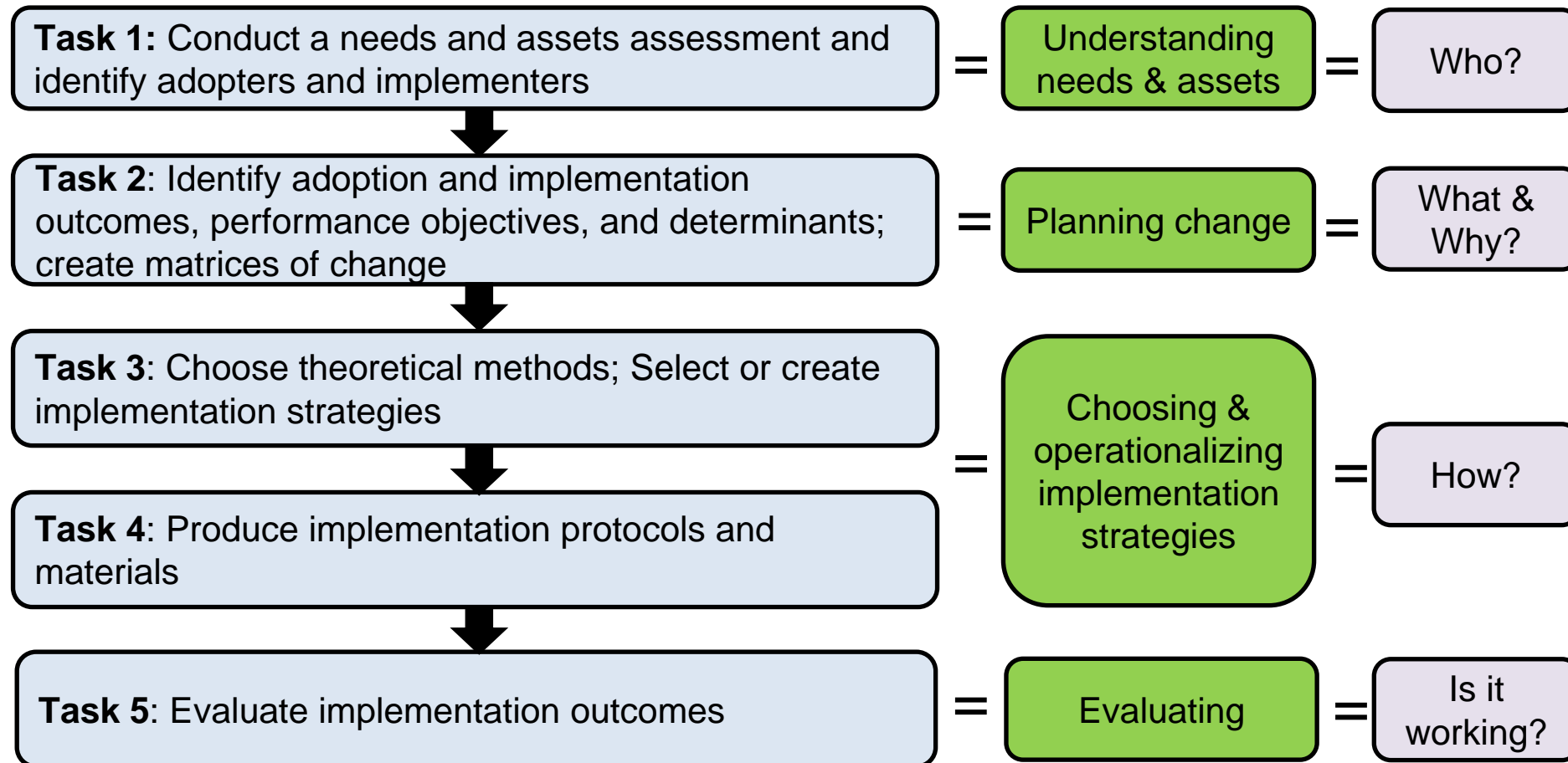
Task 4. Produce implementation protocols and materials.

Task 5. Evaluate Implementation Outcomes.

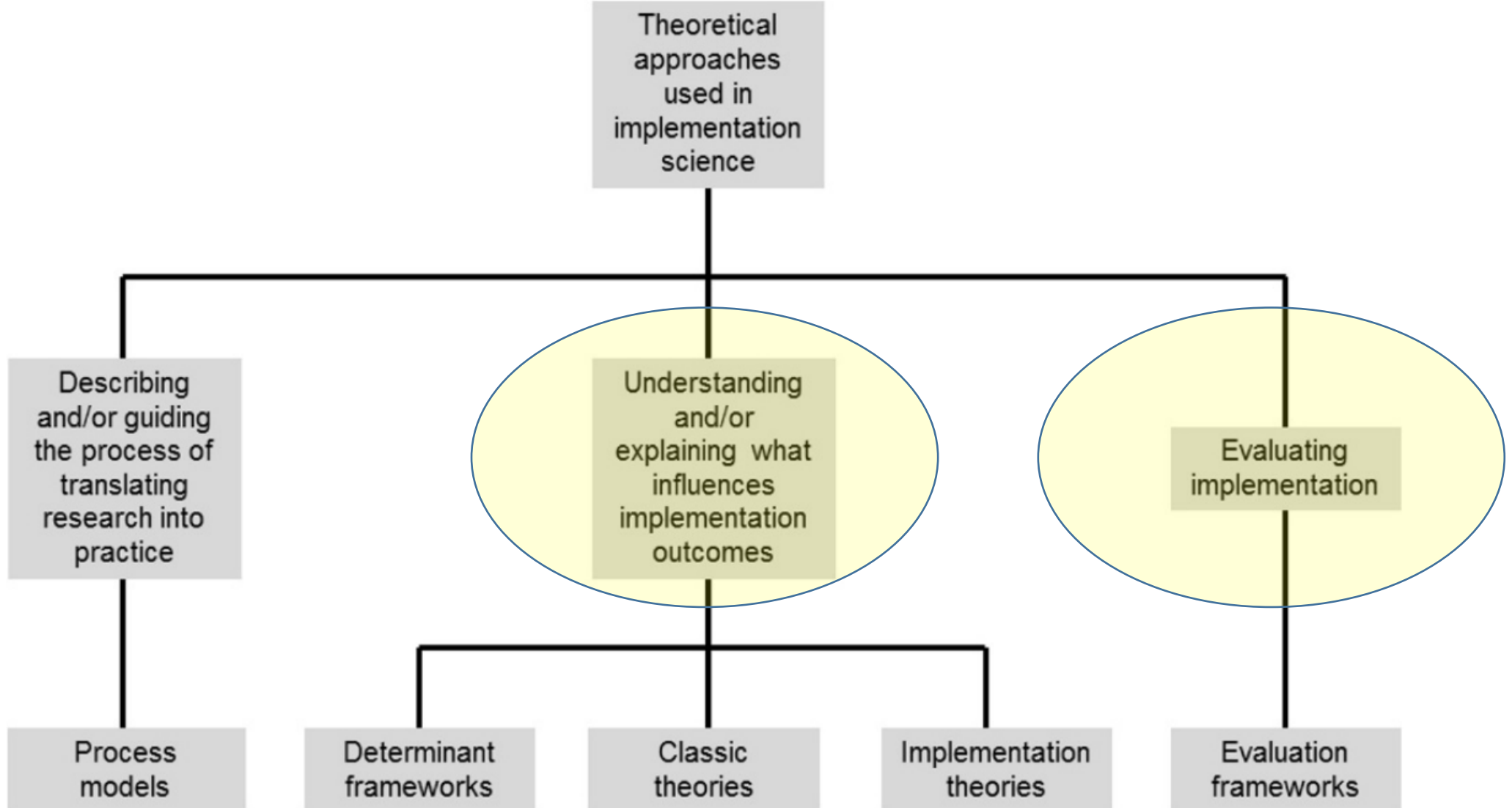
This process can be used...

- For new programs, demonstration, and research projects:
 - Plan for initial implementation to ensure program is used as intended during the evaluation trial
- For programs that have already been evaluated:
 - Develop or tailor implementation strategies to improve uptake and use
 - Develop dissemination strategies for “scale-up” and widespread use

Implementation Mapping Tasks



Implementation Science Models and Frameworks



Nilsen, P. Making sense of implementation theories, models and frameworks. *Implementation Sci* 10, 53 (2015).



Specify Implementation Performance Objectives: Figuring out the WHAT before the HOW

What are the subcomponents of the Implementation behavior?

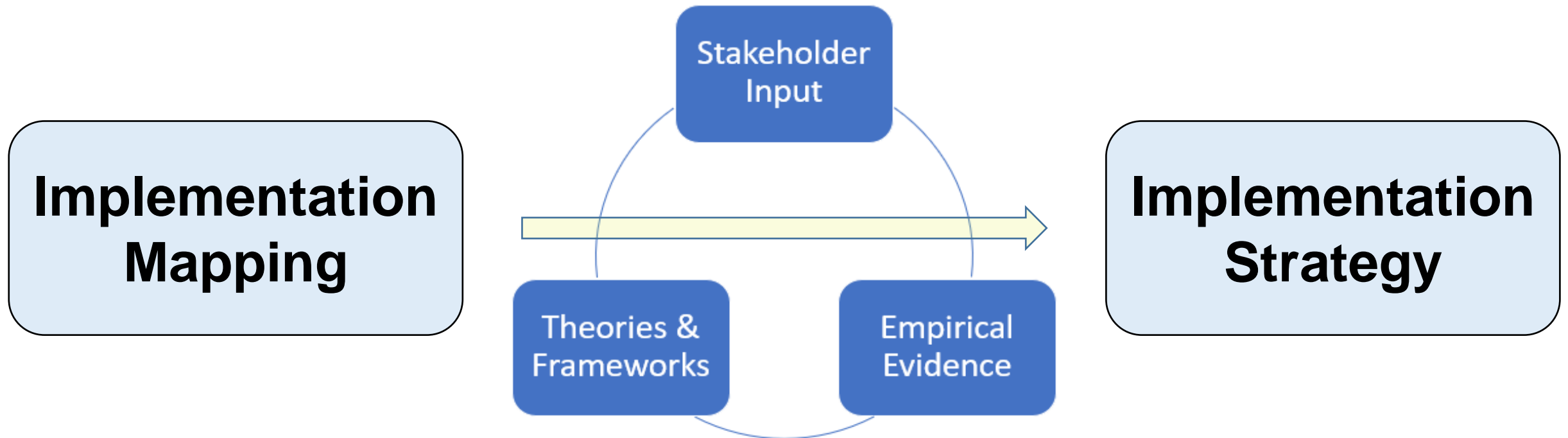
- What do the program implementers need to do to deliver the essential program components with acceptable completeness, fidelity and adaptation?

Identify determinants, methods and strategies to address determinants of implementation

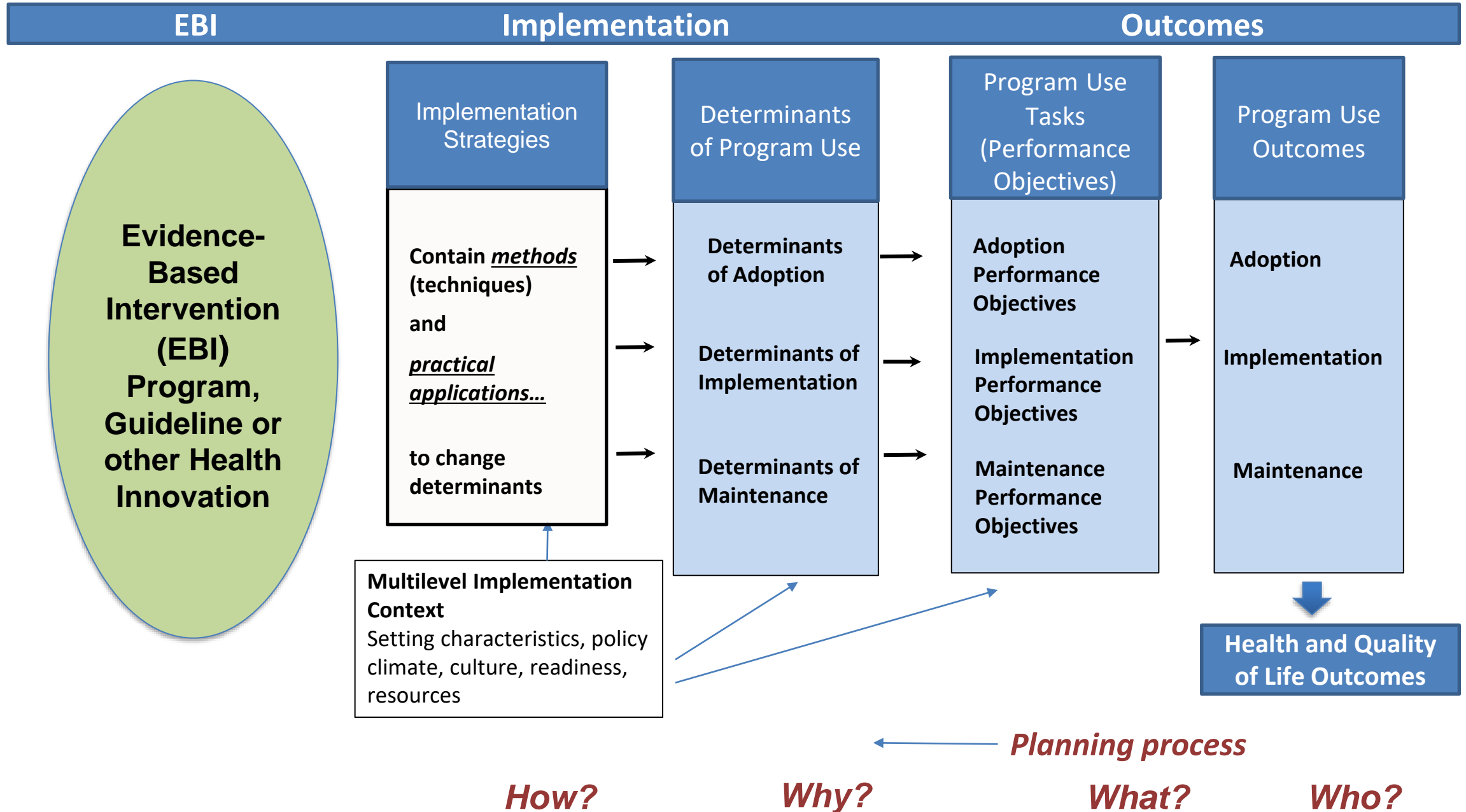
Implementation

- **Determinants:** Outcome expectations, Self-efficacy, Attitudes (*Can come from individual theories or integrated frameworks*)
- **Methods:** Persuasion, Active learning, Social support, Dissonance reduction, Modeling, Skill building (*Guidance from individual theories, from IM*)
- **Strategies (how these methods are operationalized):** Workshops, Discussion, Problem analysis, Role playing, Team meeting, Problem solving, Guided practice, Newsletters, Model stories, Resources, Information

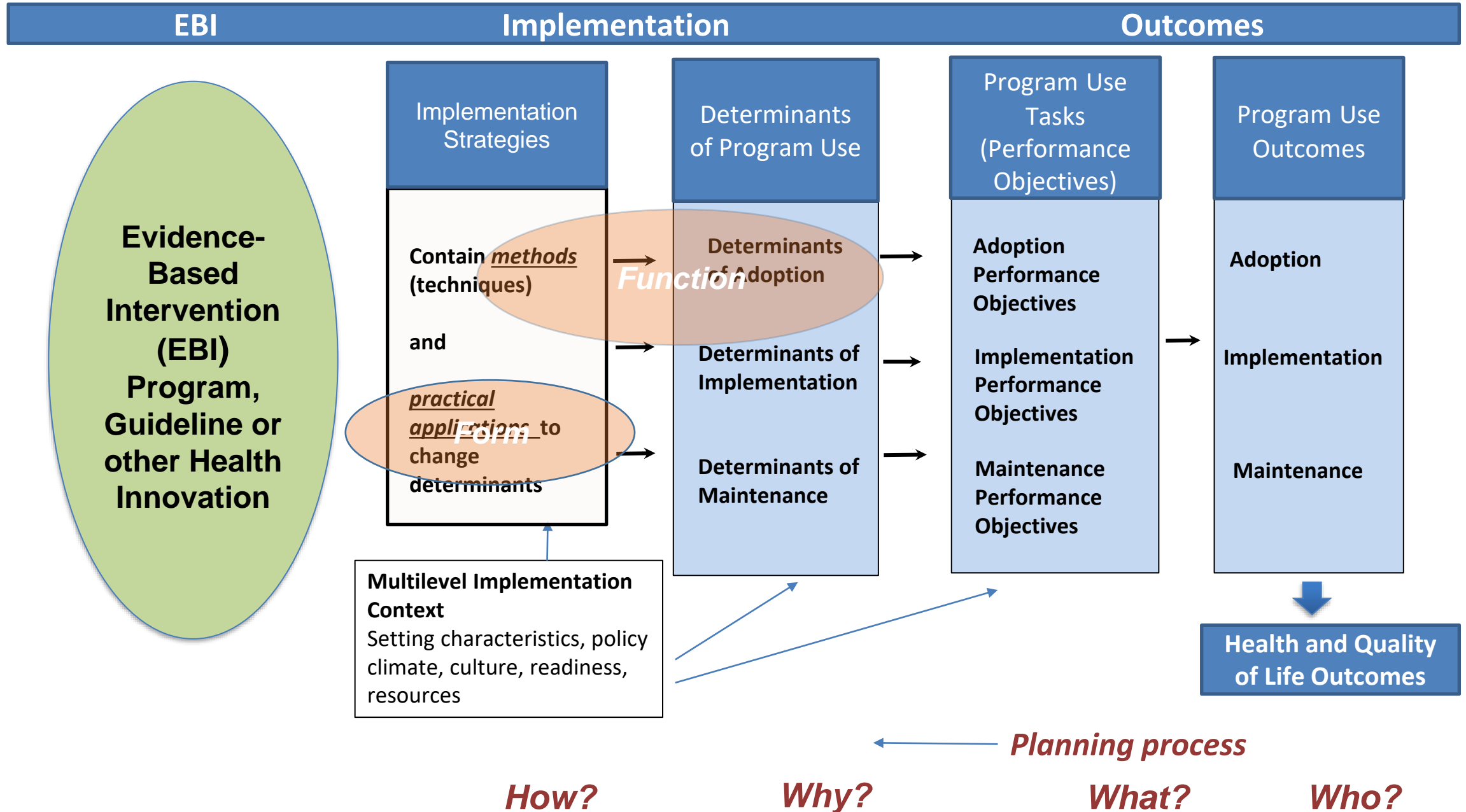
Implementation Mapping



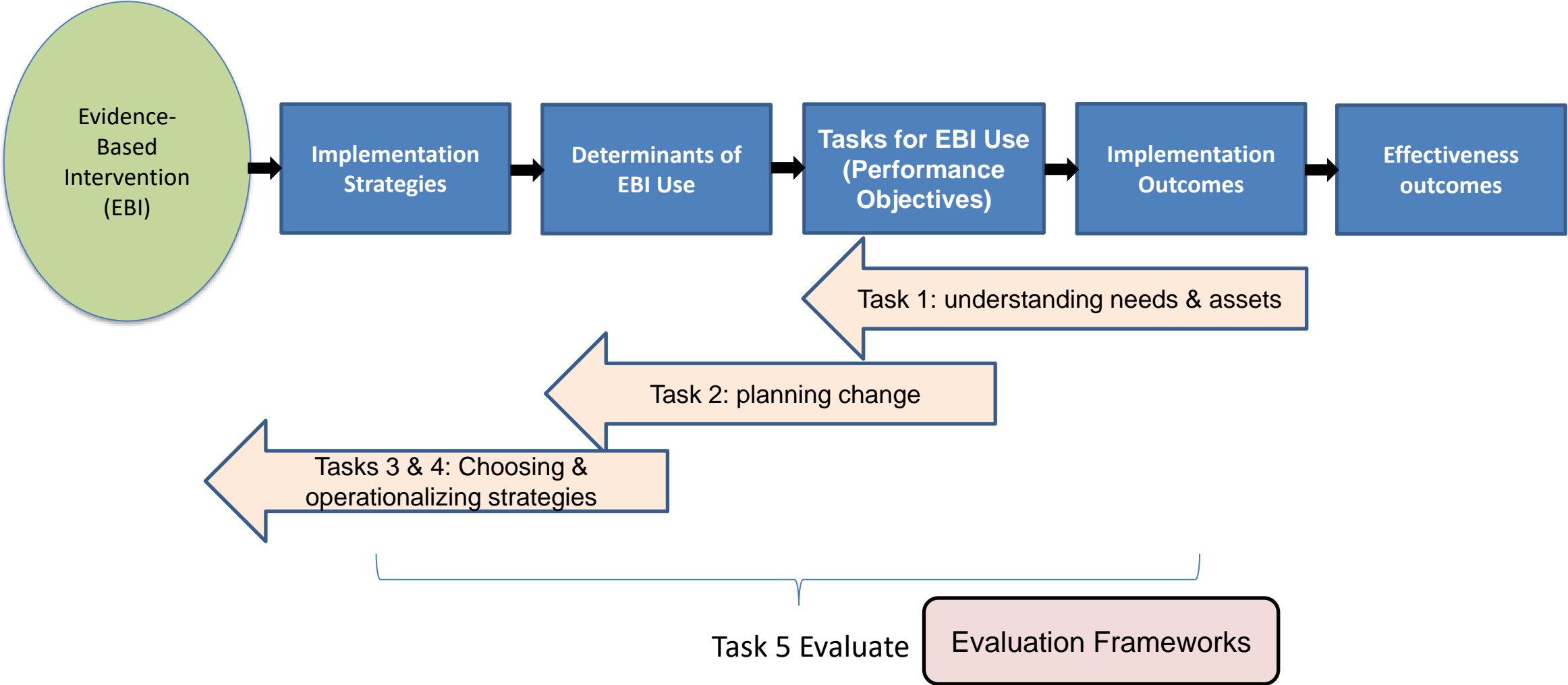
Implementation Mapping Logic Model



Implementation Mapping Logic Model



Simplified Implementation Mapping Logic Model



Fernandez, Maria E., et al. "Implementation mapping: using intervention mapping to develop implementation strategies." *Frontiers in public health* 7 (2019): 158.

Peace of Mind Program Implementation Intervention

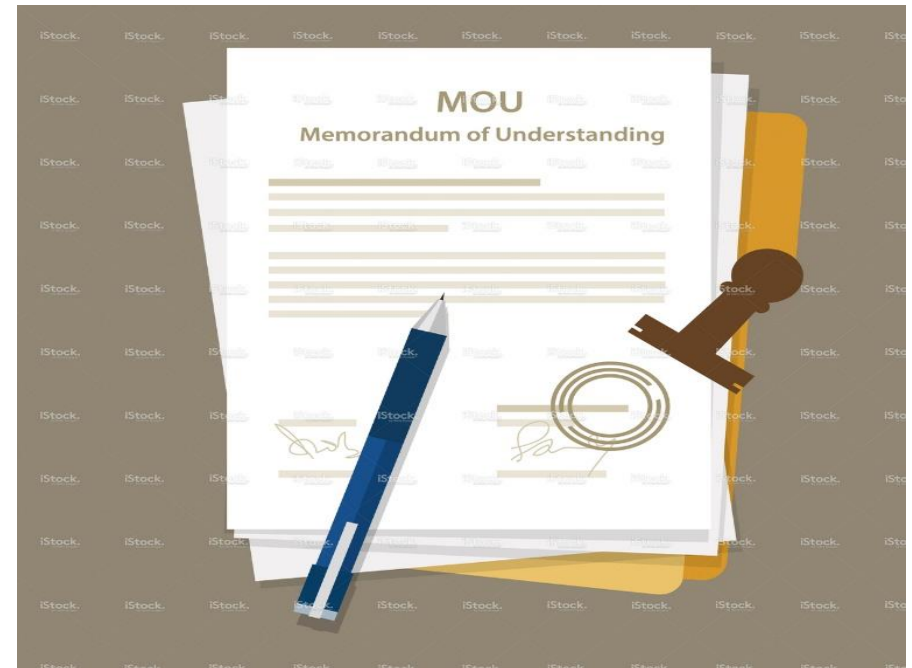
- Telephone-based EBI to increase mammography appointment adherence in underserved women
- Designed for use in FQHCs and charity clinics providing access to mammography services

Task 1: Identify Potential Program Implementers

- Who will decide to adopt and use the program?
- Which stakeholders will decision makers need to consult?
- Who will make resources available to implement the program?
- Who will implement the program?
- Will the program require different people to implement different components?
- Who will ensure that the program continues as long as it is needed?

Adoption Outcome

- [Someone] adopts the [innovative program] as indicated by [the evidence to indicate adoption]
- The management team at [each] clinic decides to adopt the Peace of Mind Program (PMP) as indicated by the clinic director signing a memorandum of understanding



Example Performance Objectives for Adoption (Task 2)

The Management Team members will:

- Review PMP materials and evaluation results
- Compare the intended outcomes with current mammography services and completion rates
- Agree to participate in the PMP
- Agree to expand mammography services
- Provide a program champion for the PMP
- Review the PMP program manual including phone-counseling scripts

(cont'd ...)

Example Performance Objectives for Implementation (Task 2)

Clinic decision makers will:

- Communicate with staff about practice change/role changes for patients due for mammography
- Designate time for EBI training

Program champion will:

- Arrange for any change to EHR or reporting for PMP
- Arrange for patient referrals for mammograms

Patient navigator will:

- Conduct telephone barrier counseling
- Use active-listening protocol when talking with patient

Identify implementation determinants, methods and practical applications to address determinants (Task 2)

Determinants: Outcome expectations, Self-efficacy, Attitudes about the innovation (relative advantage, complexity, compatibility, etc.)

Methods: Persuasion, Active learning, Social support, Dissonance reduction, Modeling, Skill building

Practical Applications (how these methods are operationalized): Workshops, Discussion, Problem analysis, Role playing, Team meeting, Problem solving, Guided practice, Newsletters, Model stories, Resources, Information

the How...(Tasks 3 and 4)

Implementation Strategies have change *Methods* and *Practical Applications*

- A *method* is a general process for influencing changes in the determinants of behavior and environmental conditions

(element of core functions)

- A *practical application* is a concrete, real-world technique for the operationalizing methods in ways that fit with the intervention group and the context in which the intervention will be conducted

=how you will present and deliver the theoretical method

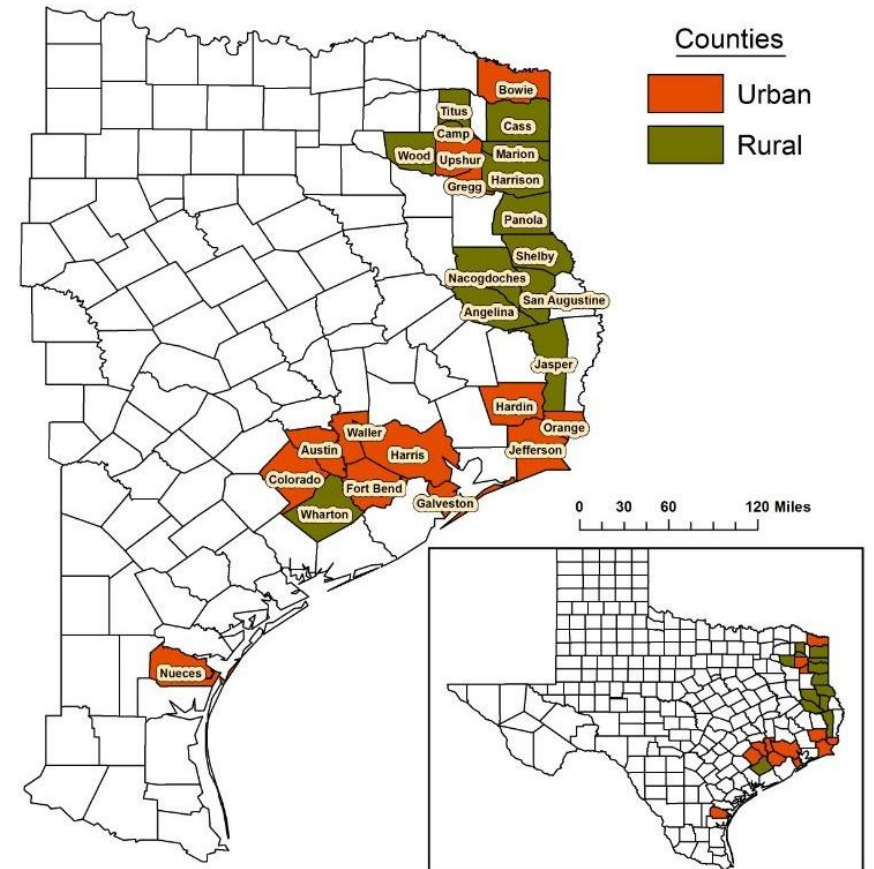
(Forms- activities that operationalize, carry out & achieve the functions)

Peace of Mind Program Implementation Plan

Stage	Agent	Determinants /Change Objectives	• Theoretical Change Methods	• Practical Applications/ Strategy
Implementation	Program Champion Navigator	Awareness/ Perceptions Outcome Expectations Skills and Self-efficacy Feedback and Reinforcement	<ul style="list-style-type: none"> • Information • Persuasion • Skill building and guided practice • Modeling • Monitoring and feedback • Technical assistance / capacity building • Facilitation • Vicarious reinforcement 	<ul style="list-style-type: none"> • Face to face training held over two four hour sessions. BHC navigators model EBI behavior and provide ongoing implementation support on-site • PMP research team available via email, phone and training booster sessions as needed • Paperwork processes to provide funds for patients needing financial assistance from PMP

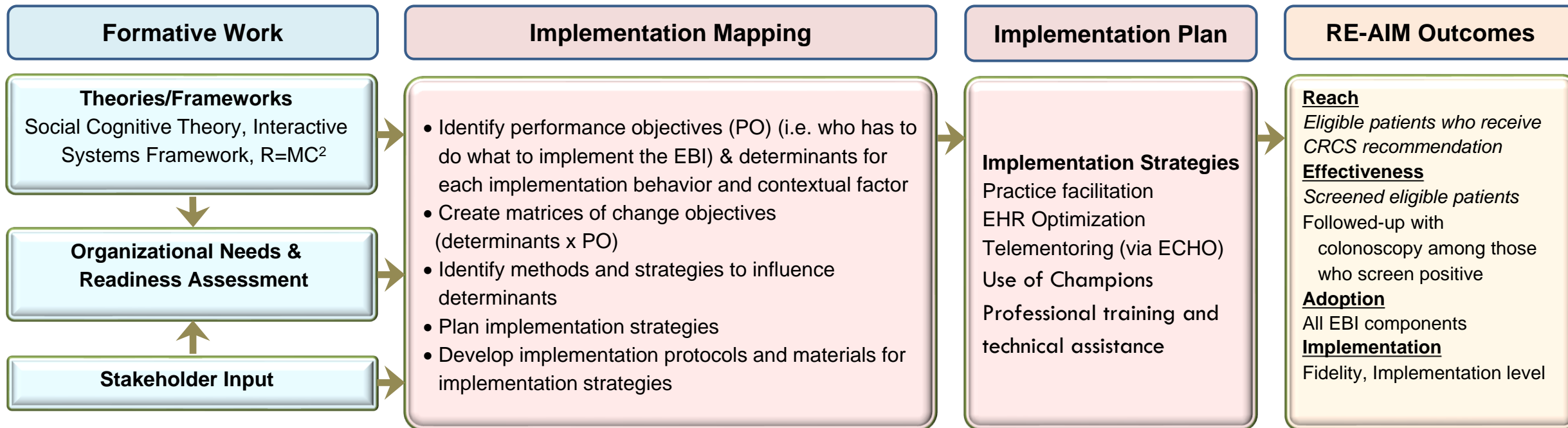
Highfield, L, Valeria MA, Fernandez, ME, Bartholomew-Eldridge, K. Development of an implementation intervention using intervention mapping to increase mammography among low income women.(2018) *Frontiers in Public Health* | doi: 10.3389/fpubh.2018.00300.

Texas FQHC Partners	Counties Served Urban/Rural	# of Clinic Sites	CRCS Rate (%)	CPRIT CRCS Program	1115 Waiver CRCS Program
TEXAS GULF COAST REGION					
Gulf Coast Health Center	Jefferson, Orange, Hardin/Jasper	5	4.8	X	
Coastal Health & Wellness	Galveston	2	15.4	X	
Amistad Community Health Center	Nueces	1	18.8	X	
Access Health	Austin, Colorado, Fort Bend, Waller/Wharton	5	31.8		X
Avenue 360	Harris	6	34.4		X
EAST TEXAS REGION					
Hope Community Medicine	Panola, Shelby, San Augustine	3	6.0	X	
Genesis PrimeCare	Bowie, Gregg/Cass, Harrison, Marion	3	25.6	X	
Wellness Pointe	Gregg, Upshur/Camp, Titus, Wood	5	27.8	X	
East Texas Community Health Services	Angelina, Nacogdoches	3	53.0	X	
Carevide	Collin, Hunt, Fannin, Delta, Kaufman, Hopkins	6	29.0	X	
Total: 10 FQHCs	Urban: 16 Rural: 16 Total: 32	39	24.7		



Conceptual Framework for Implementation Strategy Development and Tailoring

Texas CDC Colorectal Cancer Control Program



NCFH/UTHealth Partnership: CULTIVANDO LA SALUD

- CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP)
- Goal - to increase breast and cervical cancer screening among Hispanic farmworker women 50 years of age and older.
- Develop, test, replicate and disseminate a breast & cervical cancer prevention program targeting Hispanic farmworker women.
- Systematic planning using theory, evidence, and new data (Intervention Mapping)
- Replicable model
 - Adopted in over 50 communities across the country
 - Hays County CLS program began in 2006 supported by a Susan G Komen grant

*Cultivando la Salud
Cultivating Health*



**Cancer
Education
Program**

(Fernandez, Gonzales, et al., 2005, HPP; 2009 AJPH)

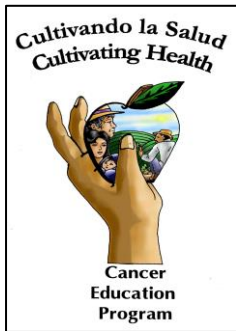


Original Multisite community-based trial focused on migrant farmworkers



14-County area Adapted to include HPV vaccination, 1-on-1 telephone navigation following CHW group education

Project CLS implemented by BCCS Program



Adapted for Group Delivery in community settings to Women 21+ years

BCCS promotora delivered intervention for low-income women 21+ years in Canóvanas, PR.



Expansion to include virtual group delivery, social marketing outreach in ~20 county area around Houston & Corpus Christi



Salud en Mis Manos Health in My Hands

Partnering to Plan Implementation Strategies

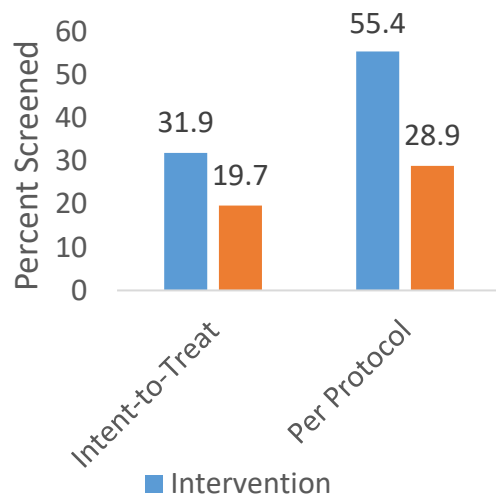
- Used Implementation Mapping for planning program delivery
- Used **Promotora Model**
- Door to door outreach
- Conducted educational sessions
- Made referrals to screening
- Follow-up



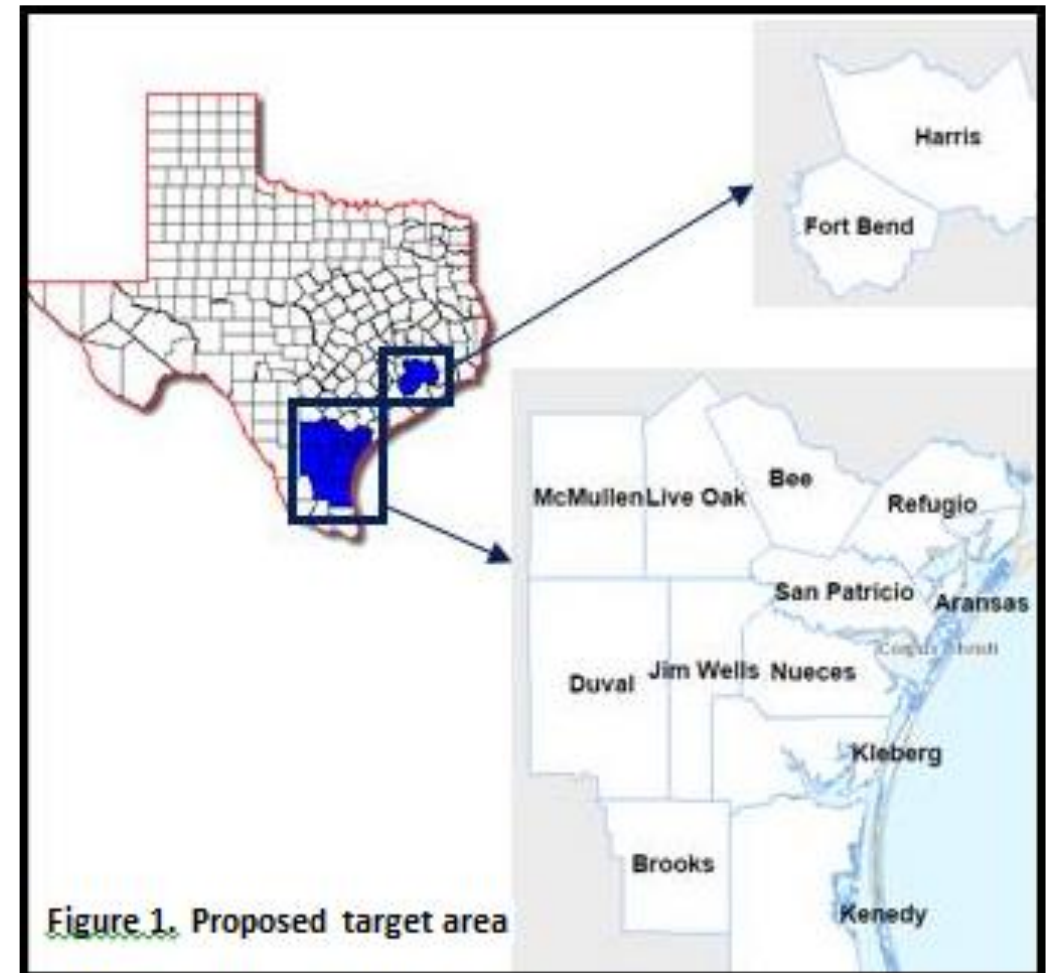
CLS → *Salud en Mis Manos* (SEMM)

Community-engaged strategies to reach Latinas

- (1) CHWs outreach and education in community settings
- (2) CHW-delivered behavioral education door to door and group
- (3) Telephone-based health coach navigation (HCN) to help women overcome barriers



	Adjusted OR	95% C.I.
Intent-to-treat ^a	1.91**	(1.27, 2.88)
Per Protocol ^b	3.09***	(1.88, 5.08)



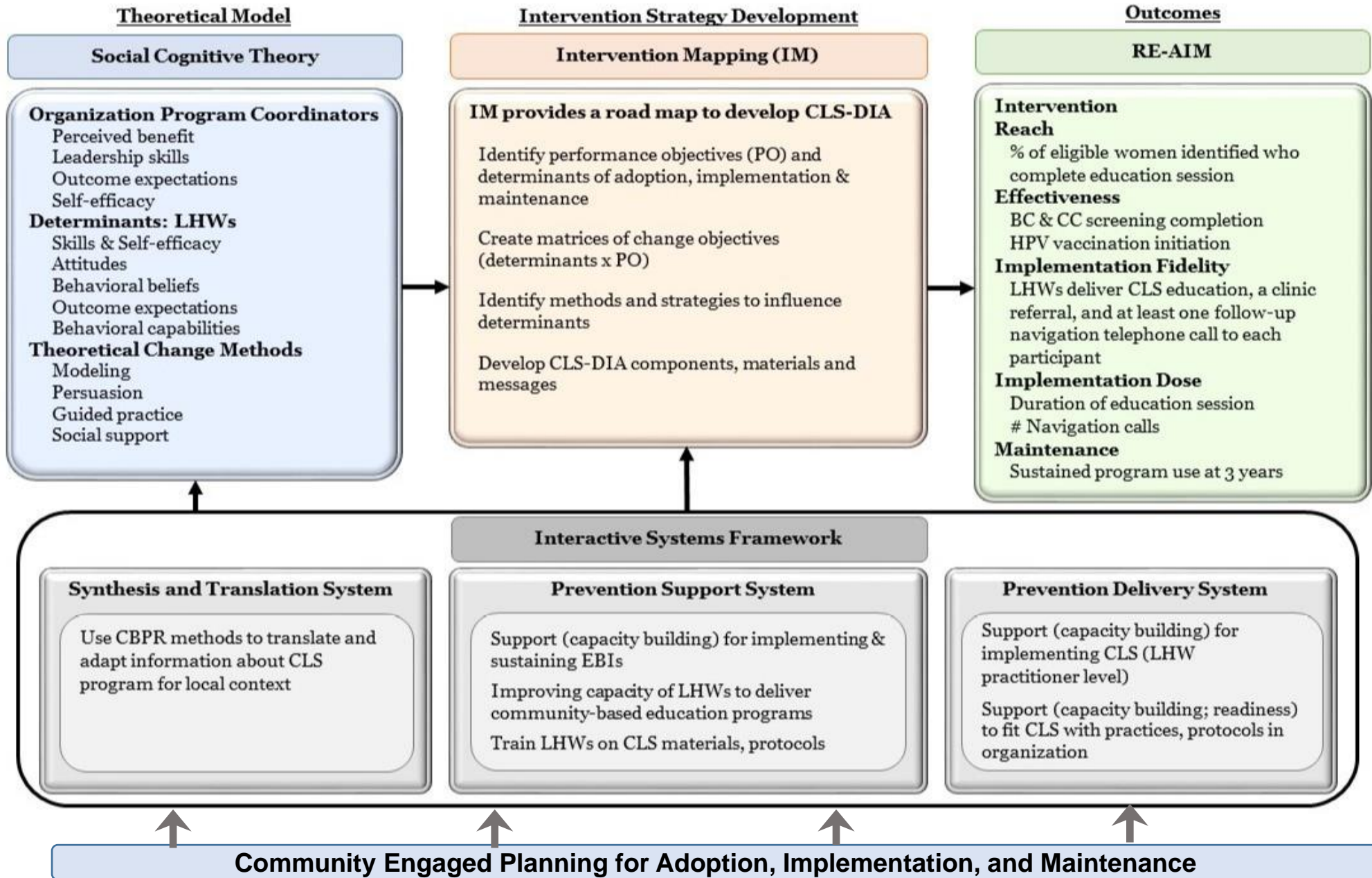
To use Implementation Mapping to develop SEMM-Dissemination and Implementation Assistance (SEMM-DIA) implementation strategy to deliver SEMM in safety net clinics

The image displays six educational posters from the Salud en Mis Manos (SEMM) campaign, arranged in a grid. Each poster features the SEMM logo and contact information for South Coastal AHEC and SEMM_UTHealth.

- Poster 1 (Top Left):** "Breast and Cervical Cancer Screening and Prevention Recommendations". It details mammogram screening for women aged 40-44 (yearly), 45-54 (yearly), and 55 and older (every two years or switch to mammograms every two years). It also promotes the HPV vaccine, providing safe and long-lasting protection against most HPV infections that cause 6 types of cancer (cervix, anus, penis, vulva, vagina, and throat). It specifies 2 doses for ages 9-14 and 3 doses for ages 15-26, and advises asking a doctor about the vaccine at age 27-45.
- Poster 2 (Top Middle):** "ASK ME ABOUT BREAST AND CERVICAL CANCER SCREENINGS & VACCINATIONS (361) 881-8133". It encourages people to follow South Coastal AHEC and SEMM_UTHealth on social media.
- Poster 3 (Top Right):** "2 SCREENING TESTS can help prevent cervical cancer: PAP TEST and HPV TEST GET TESTED". It includes the URL <https://go.uth.edu/getchecked> and notes that the link is confidential.
- Poster 4 (Middle Left):** "Pap Test & HPV Test". It provides screening schedules: Pap test every 3 years for women 21-29; Pap test every 3 years or Pap test with HPV test every 5 years for women 30-65; and Pap test and HPV test for women 65 and older who still need them.
- Poster 5 (Middle Right):** "Your health. Your decision. If you're 18-26, you still have time to get your HPV VACCINE and protect yourself against 5 types of cancer." It offers contact information for low-cost or free HPV vaccinations at (713) 500-9784.
- Poster 6 (Bottom):** A summary poster titled "HERE YOU ARE—mom, sister, daughter, friend." It emphasizes that SEMM is for everyone and provides contact information: (361) 881-8133, semm@uth.tmc.edu, and social media handles for Salud en Mis Manos - UTHealth and [semm_saludenmismanos](https://www.facebook.com/semm_saludenmismanos). It also includes a QR code to check eligibility at go.uth.edu/GetChecked.

Salud en Mis Manos (SEMM) B&C Cancer Screening Education Campaigns, and Community Partner Distribution

Leveraging Partnerships for Implementation Strategy Development and Tailoring



Implementation Mapping Tasks

Task 1. *Conduct a needs and assets assessment and identify adopters and implementers*

- Identified SEMM program implementation barriers and facilitators.
- Identified the adopters and implementers and explored factors influencing implementation of SEMM.

Task 2. *Identify adoption and implementation outcomes, performance objectives, and determinants*

- Used assessment results, theory, and evidence to identify *why* key actors would adopt and deliver SEMM.
- Articulated performance objectives (*who must do what and why?*).
- Identified determinants and contextual factors to support implementation and developed matrices of change objectives.

Task 3. *Choose theoretical methods; select or create implementation strategies*

- Selected methods to address the determinants identified in Task 2.
- Operationalized the methods to develop/selected and tailor implementation strategies.

Task 4. *Produce implementation protocols and materials*

- Produced protocols and materials needed for strategies (identified in Task 3) to be included in the SEMM-DIA implementation package.

Task 5. *Evaluate implementation outcomes*

- Identified implementation outcomes (e.g., fidelity, reach), measures and the data collection approach.

Results of the Implementation Mapping Tasks

The Matrices of Change Objectives (developed in Task 2) served as a road map for selecting evidence-based methods. **(Table 2)**

The change methods were operationalized into tailored implementation strategies (e.g., interactive skills and tips training for CHWs on communicating effectively with participants).

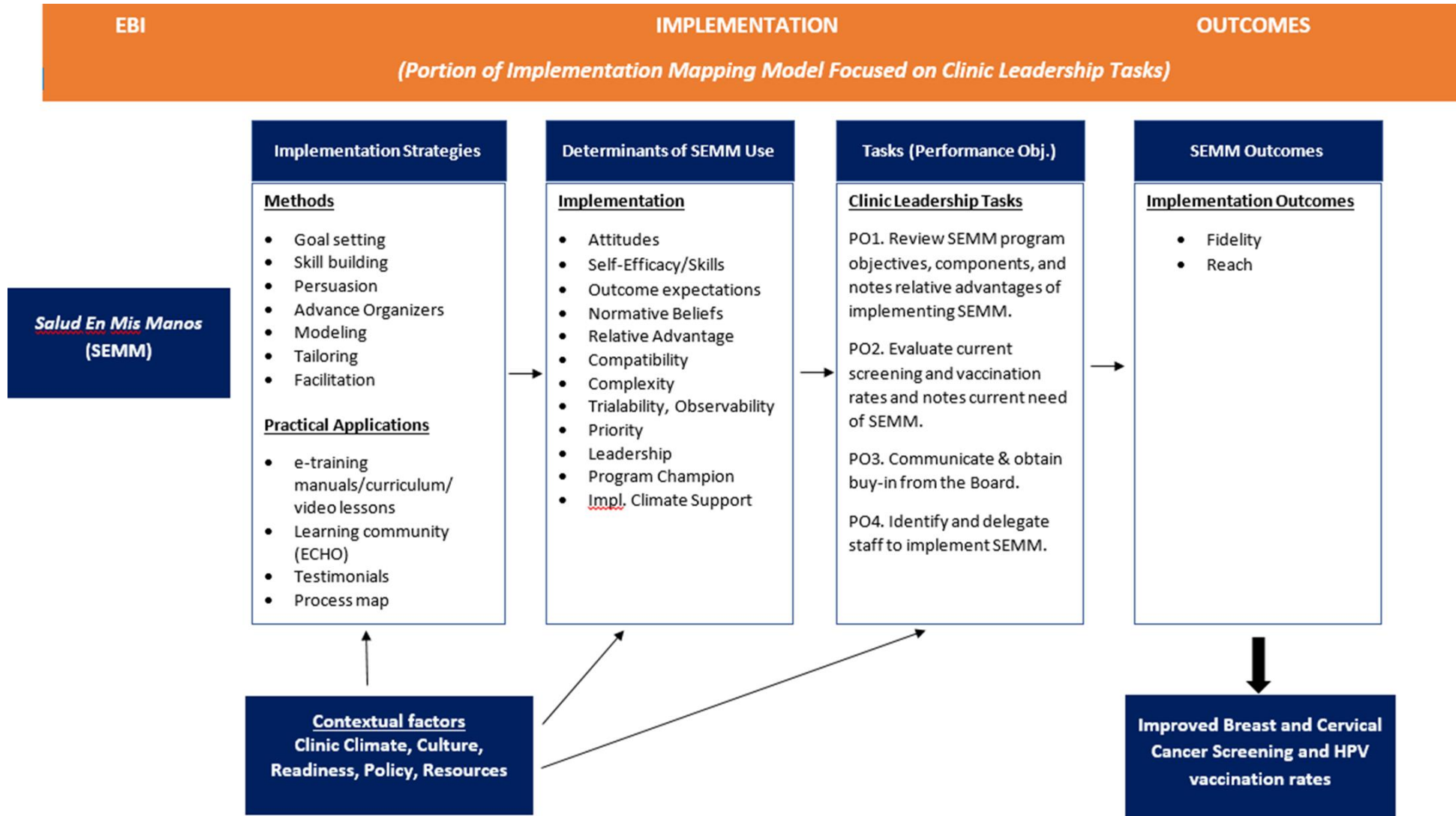
We developed implementation strategies (practical applications) for in-person and online delivery (SEMM-DIA online tool).

These strategies addressed determinants of implementation to support effective program implementation, as well as supporting program adopters in tailoring the intervention approach to ensure fit with the clinic goals, capacity, and culture.

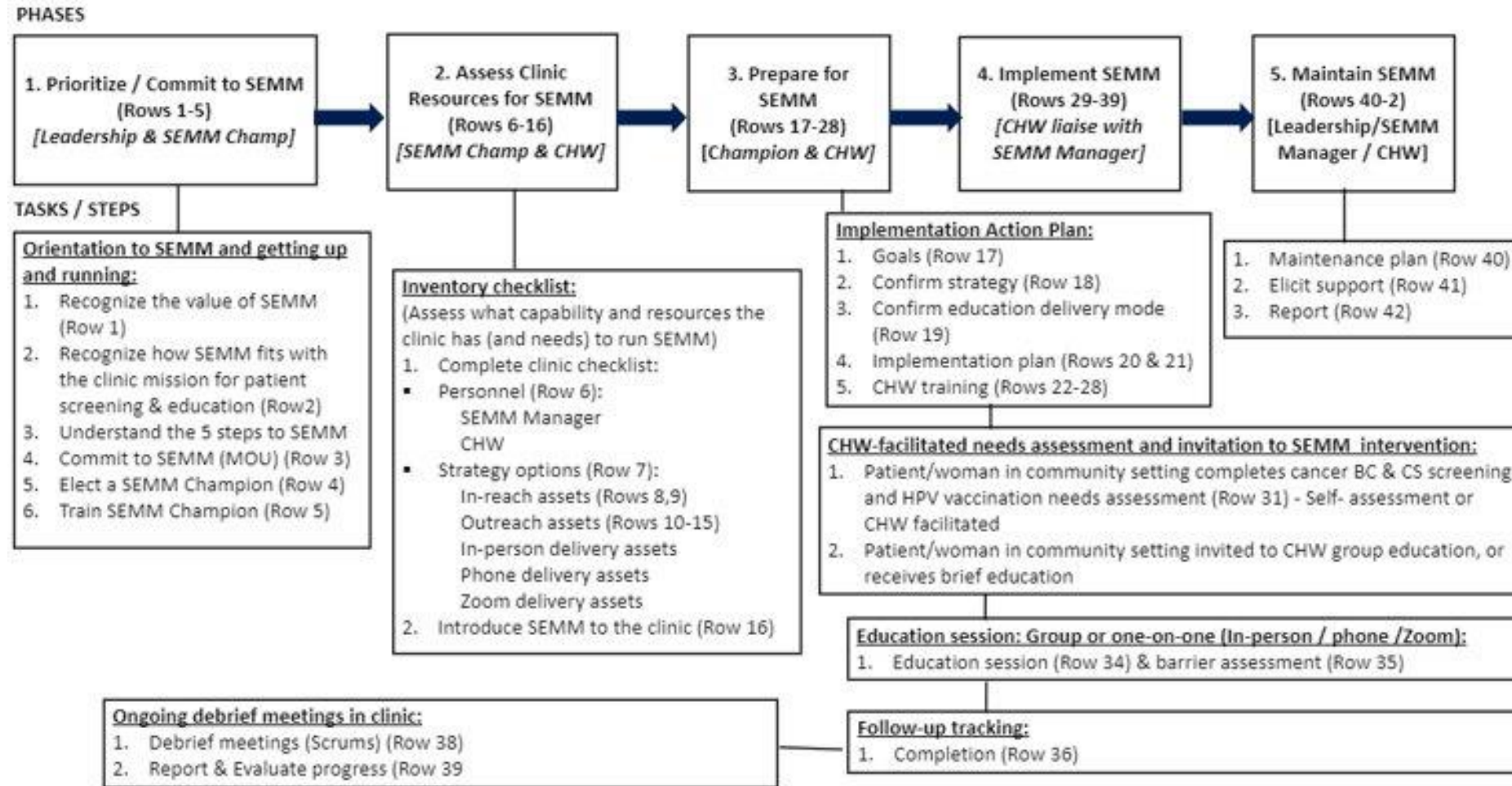
SEMM-DIA Implementation Strategy Components

Implementors	Determinants	Methods	Practical Applications
<ul style="list-style-type: none"> Clinic Leadership SEMM Program Manager/ Champion 	<ul style="list-style-type: none"> Awareness/ Perceptions Relative Advantage Comparability Complexity Trialability Outcome Expectations Skills & Self-Efficacy Feedback and Reinforcement 	<ul style="list-style-type: none"> Persuasion Advanced organizers Modeling Communication Mobilization Organizational consultation planning Environmental reevaluation 	<ul style="list-style-type: none"> Informational video describing SEMM goals, components, and benefits Video testimonials of clinic leaders discussing how/why they implemented SEMM in their clinics SEMM Implementation Action Plan Wizard to support clinic planning Program planning guide for clinic leadership and/or SEMM managers Program implementation guide, CHW Handbook Email templates to get buy-in from Board/C-Suite and clinic staff Roles and responsibilities Standard Operating Procedure (SOP) / SEMM manager/ champion qualities checklist & role presentation
<ul style="list-style-type: none"> CHW/ Navigator 	<ul style="list-style-type: none"> Awareness/ Perceptions Outcome Expectations Skills & Self-Efficacy Feedback and Reinforcement 	<ul style="list-style-type: none"> Information Persuasion Skill building Guided practice Technical assistance / Capacity building Facilitation Vicarious reinforcement 	<ul style="list-style-type: none"> Video testimonials of CHWs/Navigators discussing implementation benefits and challenges SEMM Implementation inventory / Implementation Readiness checklist Video/animated tutorial for CHWs CHW Training manual/curriculum Computer assisted SEMM training scripts SEMM in-reach/outreach strategy toolkit

Implementation Mapping Logic Model

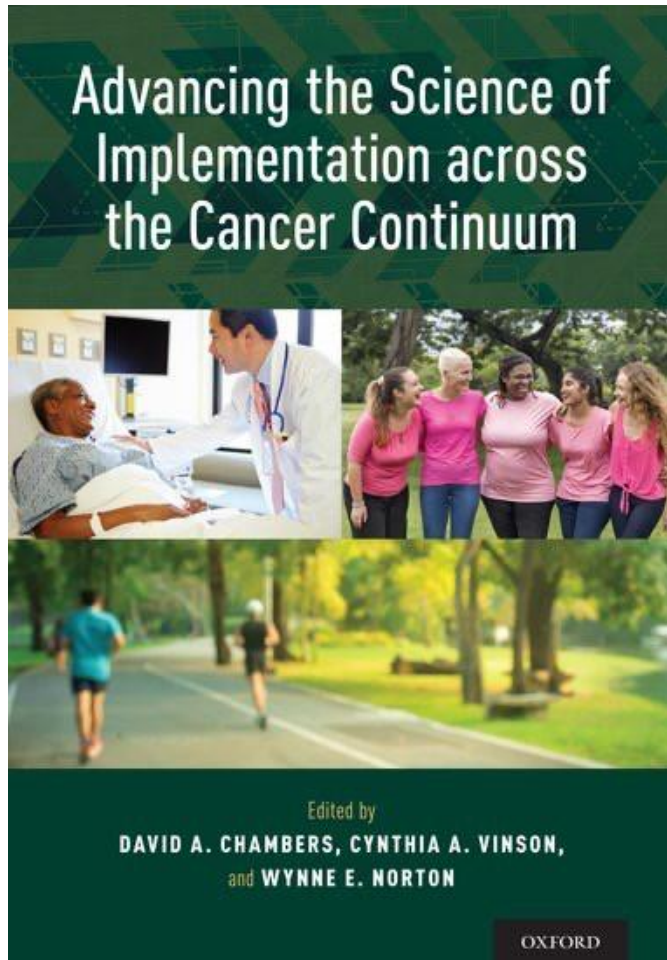


SEMM-DIA Online Decision Support Tool



The planned SEMM-DIA online decision support tool will provide implementation support to increase clinic general capacity to implement the program, and the implementers' motivation and capacity to deliver SEMM. **(Figure 3)**

Enhancing the Impact of Implementation Strategies



Frontiers
in Public Health

PERSPECTIVE
published: 22 January 2019
doi: 10.3389/fpubh.2019.00003

Enhancing the Impact of Implementation Strategies in Healthcare: A Research Agenda

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Specialty section:
This article was submitted to
Public Health Education and
Promotion,
a section of the journal
Frontiers in Public Health

Received: 16 October 2018
Accepted: 04 January 2019
Published: 22 January 2019

Citation:
Powell BJ, Fernandez ME,
Williams NJ, Aarons GA, Beidas RS,
Lewis CC, McHugh SM and Weiner
BJ (2019) Enhancing the
Impact of Implementation Strategies in
Healthcare: A Research Agenda.
Front. Public Health 7:3.
doi: 10.3389/fpubh.2019.00003

The field of implementation science was developed to better understand the factors that facilitate or impede implementation and generate evidence for implementation strategies. In this article, we briefly review progress in implementation science, and suggest five priorities for enhancing the impact of implementation strategies. Specifically, we suggest the need to: (1) enhance methods for designing and tailoring implementation strategies; (2) specify and test mechanisms of change; (3) conduct more effectiveness research on discrete, multi-faceted, and tailored implementation strategies; (4) increase economic evaluations of implementation strategies; and (5) improve the tracking and reporting of implementation strategies. We believe that pursuing these priorities will advance implementation science by helping us to understand when, where, why, and how implementation strategies improve implementation effectiveness and subsequent health outcomes.

Keywords: implementation strategies, implementation science, designing and tailoring, mechanisms, effectiveness research, economic evaluation, reporting guidelines

INTRODUCTION

Nearly 20 years ago, Grol and Grimshaw (1) asserted that evidence-based practice must be complemented by evidence-based implementation. The past two decades have been marked by significant progress, as the field of implementation science has worked to develop a better understanding of implementation barriers and facilitators (i.e., determinants) and generate evidence for implementation strategies (2). In this article, we briefly review progress in implementation science and suggest five priorities for enhancing the impact of implementation strategies. We draw primarily upon the healthcare, behavioral health, and social services literature.

Frontiers in Public Health | www.frontiersin.org | January 2019 | Volume 7 | Article 3

- 1) Enhance methods for designing and tailoring
- 2) Specify and test mechanisms of change
- 3) Improve tracking and reporting of strategies
- 4) Conduct more effectiveness research
- 5) Increase economic evaluations

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Thank You!

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