Practical Steps Towards Best Practice Implementation in Spinal Cord Injury

Mary Mark1, Laura Mumme1, Cyndie Koning1, Cheryl Huizing1, Kerry Bayless1, Nicole Hodgkinson1, Jane Hsieh2, Michelle Duda2, Jacque Brown2, SCI KMN

1Edmonton/CA, 2Ontario, ON/CA, 3Carrboro/US

BACKGROUND:
- An implementation framework that systematically addresses barriers and facilitators was required for best practices adoption.
- Six Canadian rehabilitation sites across three provinces (AB, ON, PQ) were engaged in best practice implementation (BPI) in spinal cord injury pressure ulcer prevention and management.
- The evidence-informed implementation framework (Fixen et al 2005; NIRN: National Implementation Research Network) was selected for this project.
- The NIRN framework consisted of 4 stages of implementation: exploration, installation, initial implementation, full implementation.
- The best practices identified were risk assessment and patient education.

METHODS & OBJECTIVES

Objectives:
- To understand how specific implementation science tools can be used to assess and create readiness for implementation.
- To understand how an evidence-informed implementation framework is practically applied.

Methods:
- The Best Practices (BP) were identified through a Delphi consensus method.
- The BP chosen were risk assessment and education in the area of pressure ulcer prevention and management.
- The National Implementation Research Network (NIRN) provided implementation consultation to the Site Implementation Teams (SIT).

RESULTS
- Collaboration within the SIT with representation from key stakeholders allowed for systematic planning of implementation activities.
- Collaboration across sites in a Community of Practice provided opportunities for critical information sharing.
- NIRN activities allowed for the identification of barriers and facilitators from which an implementation plan could easily be developed.
- Practice Profiles provided a clear understanding of what needed to be implemented, and parameters for how it would be implemented.

KEY LEARNINGS
- Finalize implementation action plans
- Initiate initial implementation of best practices
- Finalize and pilot the coaching and mentoring activities
- Develop methods for measuring the process of implementation (in consultation with the Evaluation and Data Management Team)
- Collect data and evaluate; develop practice-policy feedback cycles (improvement cycle analysis)

NEXT STEPS
- Contact Information:
  Cyndie Koning - cyndie.koning@albertahealthservices.ca
  Laura Mumme - laura.mumme@albertahealthservices.ca

COLLABORATORS

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