

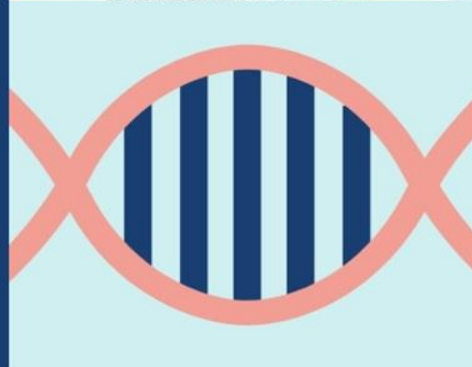
# How to marry implementation and science?



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# Improving the quality of life of people receiving health and social care, through applied research

Search for research, publications, news or events



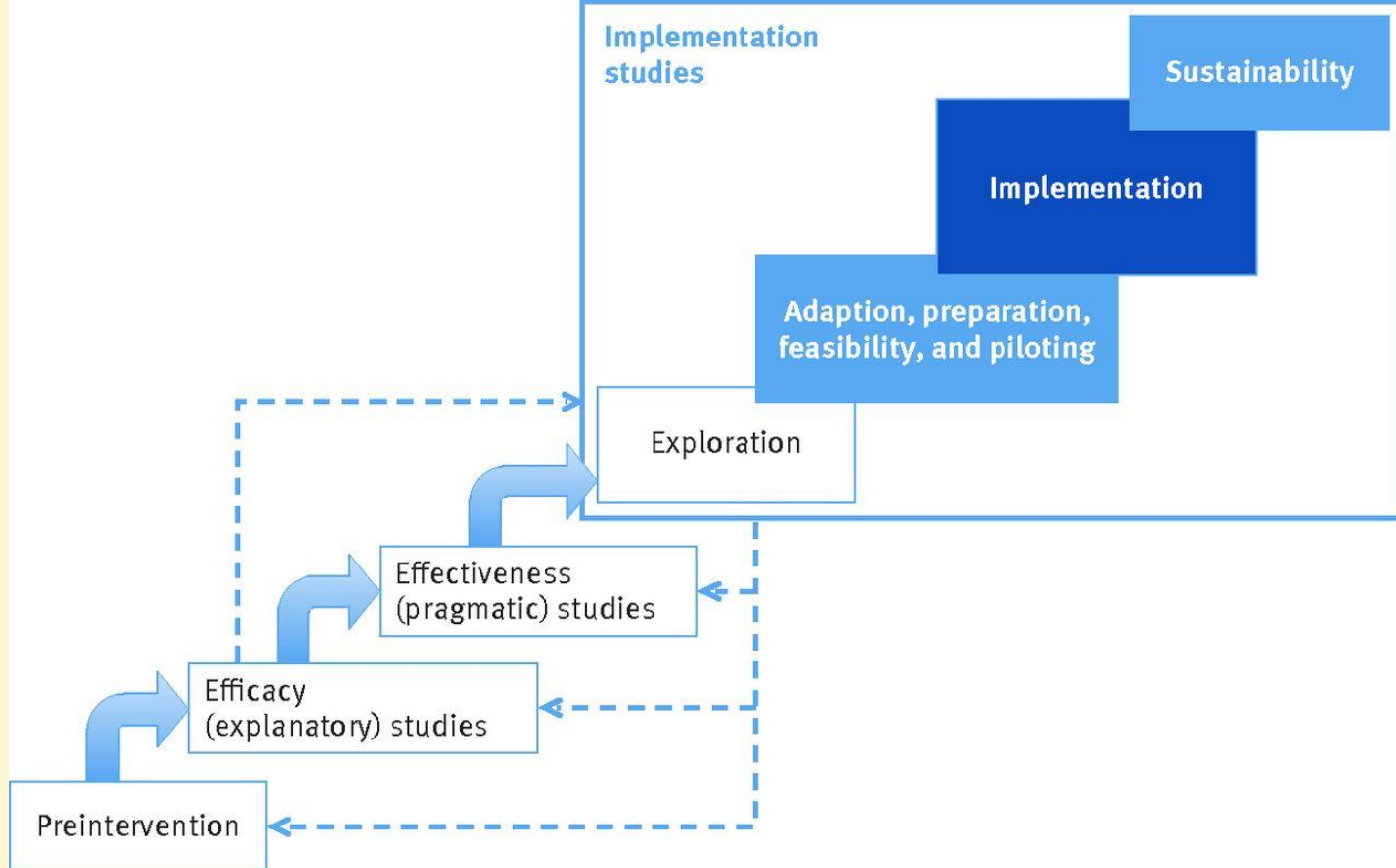
# Learning Outcomes

- What does ‘science of implementation’ (IS) mean?
- IS more about ‘strategies’ than about ‘interventions’
- Introducing real-world stuff and evaluating it can create tensions
- We, ARC KSS, focus on social care and health issues / marginalisation
- Ayse will show how ‘problem’ could be translated into resequention

# Why is IS important?



- Helps system prioritise: purchasers and providers
- Helps asking right questions
- Costs ok?
- Align to delivery models?
- Many digital tools have 'evidence' but are not used: why?



StaRI is targeted on the reporting of interventional implementation studies (the dark shaded box) but will have resonance for studies in the pilot and sustainability phases

# ARC KSS

- Place-based approach to implementation
- Marginalised communities
- Process evaluations
- Reach, Effectiveness, Adoption, Implementation, Maintenance: RE-AIM
- CFIR
- ...



Consolidated Framework for Implementation Research

## Implementation Team – ARC KSS



Dr Des Holden  
Medical Director  
ARC Implementation Lead



Becca Randall  
Implementation Manager  
CYP Mental Health



Kath Sykes  
Implementation Manager  
Ageing Well: Living Well with Dementia



Dr Sam Fraser  
Implementation Manager  
Primary & Community Care



Becky Sharp  
Implementation Manager  
Social Care

# Implementation types

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## Diffusion

**Passive** activities and supportive policies to make research findings available and accessible to audiences (Ensuring Value in Research, EViR, 2020)

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## Dissemination

**Active** approach to spreading of research findings to target audience via determined channels using planned strategies (EViR)

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## Knowledge mobilisation

**Most active:** bringing stakeholders together to share, respond to, and act upon research findings (EViR)

# Applied Research

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NIHR Applied Research Collaborations (ARCs) support applied health and social care research that responds to, and meets, needs of local populations and local health and care systems.

**Applied research is characterised by:**

- Building on findings of basic research
- Generating solution to specific problem to be solved
  - Applying that solution

# Welcome to the healthy hearts project



**Heart disease is the biggest cause of death around the world, but making some simple lifestyle changes can help to reduce your risk.**

This website will take you through a quick heart health questionnaire to determine your risk of heart disease.

You will then have the opportunity to answer a longer diet and exercise questionnaire to get feedback on how your lifestyle affects your heart health.

Finally, you will have the chance to set some healthy lifestyle goals to lower your risk of heart disease.

## How long will it take?

The first questionnaire should only take around 10 minutes.

To complete the whole site, including both questionnaires and setting goals should take around 30 minutes.

You can use the 'Your progress' button at the top of the website to see how you're doing.



# ARC KSS DI/PCHS Outcomes



- Short-term (1-2 years):
  - Governance / getting to know / staff
  - Situational analyses
- Medium-term (3-4 years):
  - Multi-theme projects
  - Multimorbidity/ageing/frailty/readmission projects
  - Deprivation...
- Long-term (5+ years):
  - Successful second ARC grant





# How to do implementation science



- Ayse will now present example
- Evaluating and improving
- Questions?
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