



ESPACOMP 2023 Workshop: Implementation Science

“Developing Implementation Strategies: from theory to practice” 29 November 2023, Budapest (Hungary), in-person meeting

Faculty (in alphabetical order)

Dr. Charlotte Bekker, PhD (Radboud university medical center, The Netherlands)
Prof. Dr. Bart van den Bemt, PhD, PharmD (Radboud university medical center, The Netherlands)
Prof. Dr. Sabina De Geest, PhD, RN (University of Basel, Switzerland & KU Leuven, Belgium)
Dr. Janette Ribaut, PhD, RN (University of Basel, Switzerland)
Dr. Sabine Valenta, PhD, RN (University of Basel & University Hospital of Basel, Switzerland)

Introduction

Increasing high quality evidence on how to tackle medication non-adherence has been published, yet translation of that evidence into real-world clinical practice remains challenging.[1] Implementation science defined as *“the scientific study of methods to promote the systematic uptake of research findings and other evidence-based practices into routine practice, and, hence, to improve the quality and effectiveness of health services and care”* and has gained traction as a valuable methodology to support real-world translation of interventions”.[2] In this year’s Implementation Science Workshop we will focus on **developing and tailoring implementation strategies as a foundational key element for implementation science projects.**

We will position implementation science among other research methodologies first. We will then continue to present and discuss how to context-wise select and tailor implementation strategies within implementation science projects. Practical examples will be provided, which will be followed by group work exercises and plenary discussion round.

Specifically, we will provide detailed guidance how to select and tailor implementation strategies and will use two implementation science projects with a focus on medication adherence interventions to exemplify the development, application and evaluation of implementation strategies. The session will be highly interactive and will allow ample opportunity for discussion and application in group exercises.

At the end of the workshop, we offer a personal consultation for interested participants who have specific questions for their projects/clinical practice/research related to Implementation Science or specifically on developing/tailoring implementation strategies.

Learning objectives

After the workshop, participants will be able to:

- Position implementation science and develop a basic understanding of its relevance and key concepts.
- Understand relevant steps and factors to consider the context-wise selection of implementation strategies.
- Develop familiarity with methods for selecting implementation strategies, and how to apply them in practice

Learning methods

The workshop combines theoretical lectures with small group work and plenary discussions.

Target group

All researchers/clinicians/others interested in implementation science with or without previous experience/competence

Maximum number of participants: 30, in person

Preparations for the workshop

Please read the following papers.

Recommended:

- Proctor, E.K., Powell, B.J. & McMillen, J.C. Implementation strategies: recommendations for specifying and reporting. *Implementation Sci* 8, 139 (2013). <https://doi.org/10.1186/1748-5908-8-139>
- Powell, B. J., Beidas, R. S., Lewis, C. C., Aarons, G. A., McMillen, J. C., Proctor, E. K., & Mandell, D. S. (2017). Methods to improve the selection and tailoring of implementation strategies. *The journal of behavioral health services & research*, 44(2), 177-194. <https://doi.org/doi:10.1007/s11414-015-9475-6>
- Powell, B. J., Waltz, T. J., Chinman, M. J., Damschroder, L. J., Smith, J. L., Matthieu, M. M., Proctor, E. K., & Kirchner, J. E. (2015, Feb 12). A refined compilation of implementation strategies: results from the Expert Recommendations for Implementing Change (ERIC) project. *Implement Sci*, 10, 21. <https://doi.org/10.1186/s13012-015-0209-1>
- Valenta, S., Ribaut, J., Leppla, L., Mielke, J., Teynor, A., Koehly, K., Grossmann, F., Gerull, S., Witzig-Brändli, V. & De Geest, S. *for the SMILE study team* (2023). Context-specific adaptation of an eHealth-facilitated, integrated care model and tailoring its implementation strategies-A mixed-methods study as a part of the SMILE implementation science project. *Front Health Serv*, 2, 977564. <https://doi.org/https://doi.org/10.3389/frhs.2022.977564>

Optional readings:

- Mielke, J., Leppla, L., Valenta, S. et al. Unraveling implementation context: the Basel Approach for coNtextual ANALysis (BANANA) in implementation science and its application in the SMILE project. *Implement Sci Commun* 3, 102 (2022). <https://doi.org/10.1186/s43058-022-00354-7>
- De Geest, S., Valenta, S., Ribaut, J., Gerull, S., Mielke, J., Simon, M., Bartakova, J., Kaier, K., Eckstein, J., Leppla, L., Teynor, A., & on behalf of the SMILE study team (2022). The SMILE integrated care model in allogeneic SteM cell Transplantatlon facilitated by eHealth: a protocol for a hybrid effectiveness-implementation randomised controlled trial. *BMC Health Services Research*, 22(1), 1067. <https://doi.org/10.1186/s12913-022-08293-8>

Program (preliminary)

Time	Content
09:00 – 09:10	Welcome and opening
09:10 – 09:30	<u>Lecture</u> : Introduction to implementation science
09:30 – 09:50	<u>Lecture</u> : Introduction to implementation strategies
09:50 – 10:00	<i>Break</i>
10:00 – 10:20	<u>Lecture</u> : Introduction to develop and select context-specific implementation strategies
10:20 – 10:40	<u>Introduction to 1st practical example and 1st group exercise</u> : “Tailoring implementation strategies to implement and evaluate an eHealth-facilitated, integrated care model for stem cell transplanted patients (SMILe)”
10:40 – 10:50	<i>Break</i>
10:50 – 11:30	<u>Group work exercise 1</u> – selecting and applying relevant implementation strategies
11:30 – 12:15	<u>Wrap up results</u> from Group exercise 1 and morning session in plenary
12:15 – 13:30	<i>Lunch</i>
13:30 – 13:50	<u>Lecture</u> : How to apply your implementation strategy in practice
13:50 – 14:10	<u>Introduction to 2nd practical example and 2nd group exercise</u> : “Medication Adherence Knowledge, Expertise and Implementation Taskforce: living labs implementing evidence-based adherence interventions”
14:10 – 14:50	<u>Group work exercise 2</u> – follow-up and evaluate your selected implementation strategies
14:50 – 15:05	<i>Break</i>
15:05 – 15:45	<u>Wrap up results</u> from Group exercise 2 and afternoon session in plenary
15:45 – 16:00	Wrap up and closing
16:00 – 17:00	Personal consultation for interested participants (optional - please see description above)

Leaders:



Dr. Charlotte Bekker

Charlotte is a biomedical scientist and works as assistant professor at the department of pharmacy, Radboudumc, Netherlands. She is passionate to combat societal challenges and her research interest revolves around establishing sustainable medication use. For example, Charlotte investigates novel strategies aiming to reduce medication waste, to tailor drug dosages to individual patients through shared decision making, and to implement medication adherence interventions. In her work, Charlotte incorporates implementation science elements to enhance uptake of results in clinical practice.



Prof. Dr. Bart van den Bemt

Bart is a pharmacist/clinical pharmacologist and Professor in Personalized Pharmaceutical Care at Radboudumc and head of the pharmacy and research and innovation department and Sint Maartenskliniek, the Netherlands. His research focuses on the adequate use of drug therapy with special emphasis to medication safety and adherence. He is founder of the special interest group medication adherence of the European Society of Clinical Pharmacy and member of ESPACOMP. He was president of the European Society of Clinical Pharmacy (ESCP) and member of several pharmaceutical care/education committees.



Prof. Dr. Sabina De Geest

Sabina De Geest is a Professor of Nursing at the Faculty of Medicine of the University of Basel (Switzerland), and part-time Professor of Nursing at the KU Leuven in Belgium. She leads the PIONEER international group, an interdisciplinary research group focusing on behavioural (e.g. medication adherence) and psychosocial issues in chronically ill (e.g. transplantation, rheumatology, older persons). Driven by implementation science methodology, her research portfolio focuses on the development of innovative care models partially powered by eHealth. In addition, her research addresses psychosocial and behavioural pathways and their relation to outcomes in chronic illness as well as the development and testing of instruments to assess patient reported outcomes. She is a co-founder of the Swiss Implementation science Network (<https://impact-dph.unibas.ch/>).



Dr. Janette Ribaut

Janette Ribaut is a PostDoctoral researcher and study coordinator at the Institute of Nursing Science at the University of Basel. She is a nurse by training and focuses on the development, implementation and evaluation of eHealth-supported medication adherence interventions in her research. For example, she is part of the bi-national SMILE project (development/adaptation, implementation and evaluation of an integrated care model in allogeneic Stem cell transplantation facilitated by eHealth).



Dr. Sabine Valenta

Sabine Valenta is a Postdoctoral research fellow at the Institute of Nursing Science, University of Basel, and also works as a nursing scientist & advanced practice nurse (APN) at the University Hospital Basel in Switzerland. In addition, Sabine Valenta actively participates in scientific societies, including the EBMT Nurses Group Research Committee and the Swiss Association for Nursing Science, Academy Society Oncology Nursing.

Her research interests span a broad spectrum of areas in healthcare, encompassing implementation science, mixed-methods research, adaptation of complex interventions, APN role development, and integration of eHealth technology in the healthcare sector. As a Co-Principal Investigator in the ongoing implementation science project *SMILe* (<https://smile.nursing.unibas.ch/>), her primary focus revolves around the tasks of adapting, implementing, and evaluating an integrated, eHealth-facilitated care model.