



Implementation Science: Definitions and key concepts

Implementation
Science 101

Feb 3, 2023

Presented by: Lindsay Nettlefold, PhD

Active Aging Research Team, University of British Columbia

Lindsay.Nettlefold@ubc.ca



THE UNIVERSITY
OF BRITISH COLUMBIA



activeagingrt.ca

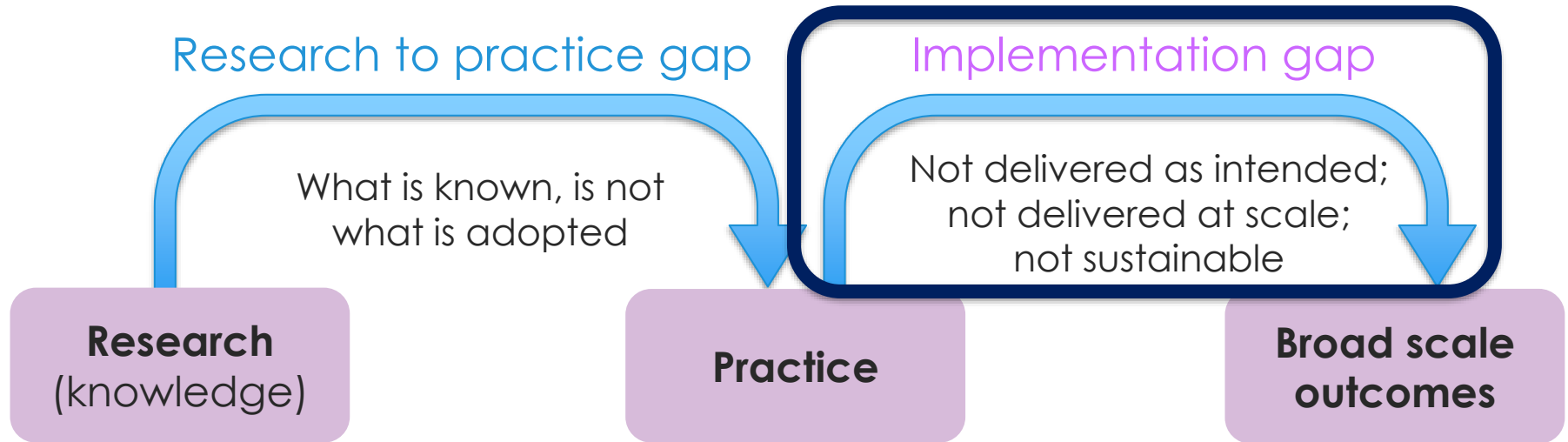


[@ActiveAgingRT](https://twitter.com/ActiveAgingRT)



LAND ACKNOWLEDGEMENT

Bridging the Gaps



What is **IMPLEMENTATION?**

The process of putting to use or integrating evidence-based interventions within a setting.

What is **SCALE-UP?**

The process by which health interventions shown to be efficacious on a small scale or under controlled conditions are expanded under real world conditions into broader policy or practice.

What is **IMPLEMENTATION SCIENCE?**

The scientific study of methods to promote the systematic uptake of research findings and other evidence-based practices into routine practices, and hence, to improve the quality and effectiveness of health service (& promotion).

...regardless of how valuable clinical interventions may be, they scarcely implement themselves.

...regardless of how valuable clinical interventions may be, they scarcely implement themselves.

Innovation

+

Implementation Approach

**Intervention
Policy
Practice**

**Implementation
Strategies**

What are **IMPLEMENTATION STRATEGIES?**

Methods or techniques used to enhance adoption, implementation and sustainability.

In non-scientific language...

» The innovation is **THE THING**

e.g., Choose to Move

» *Effectiveness* research looks at whether **THE THING** works

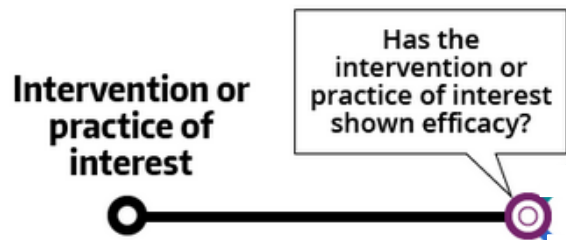
» *Implementation* research looks at how best to help people/places **DO THE THING**

↑ PA
↑ mobility

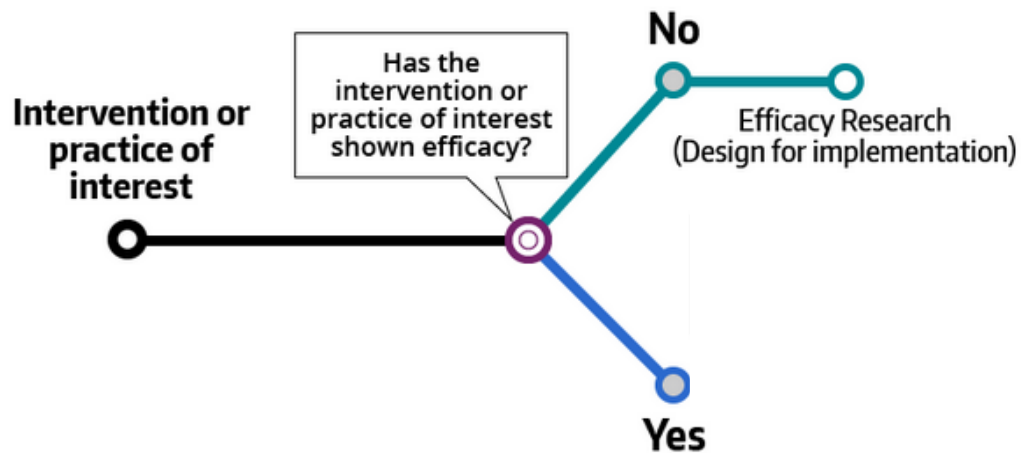
» Implementation strategies are the stuff we do to try to help people/places **DO THE THING**

e.g., Training Resources Support

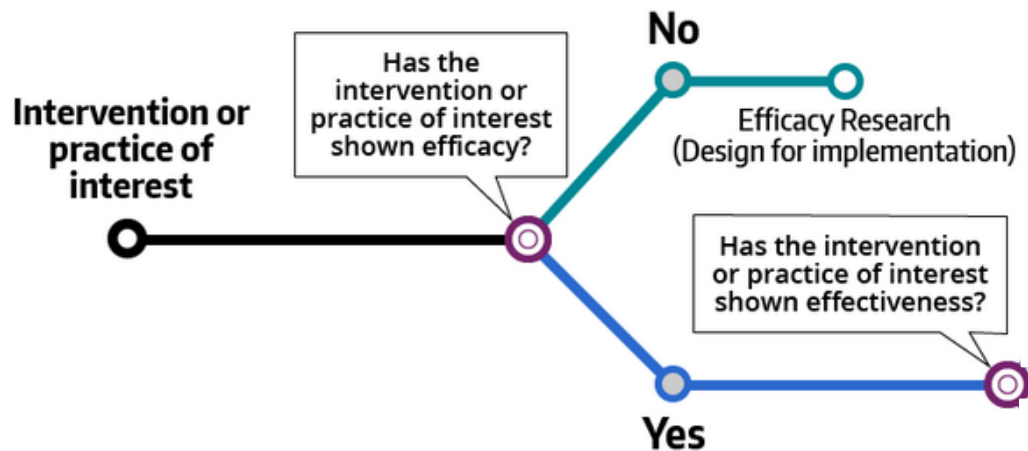
Where does implementation research fit?



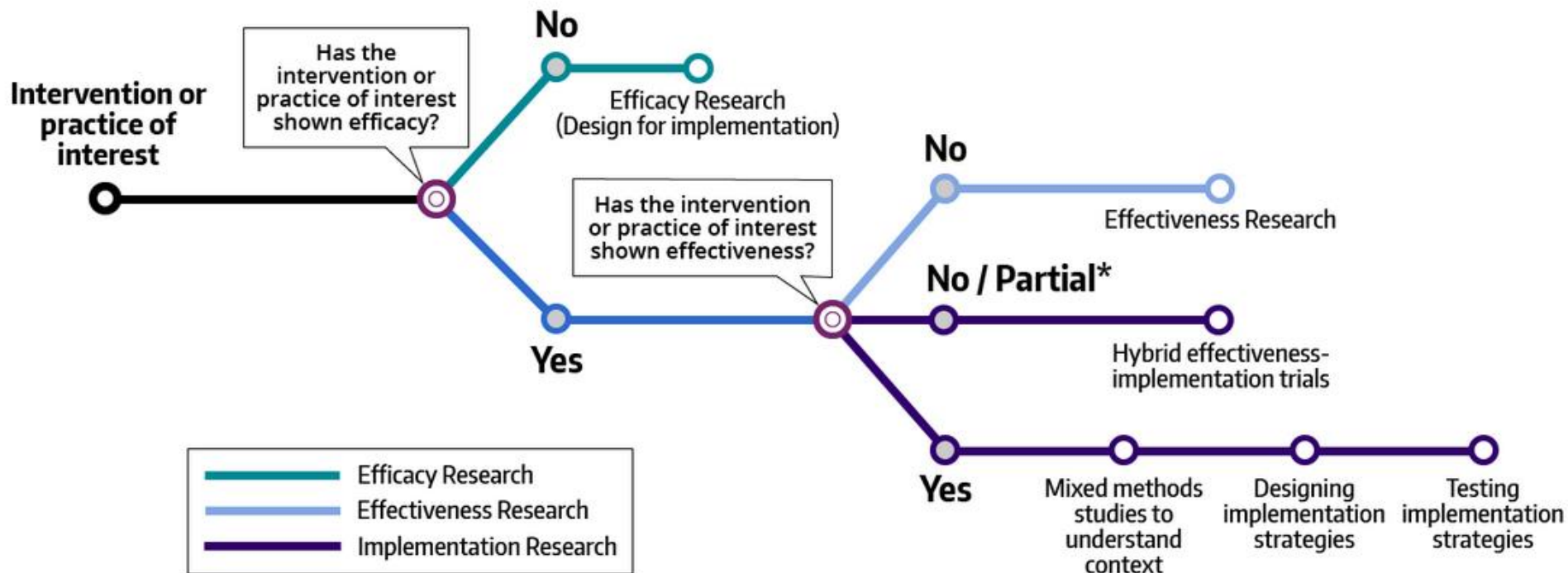
Where does implementation research fit?



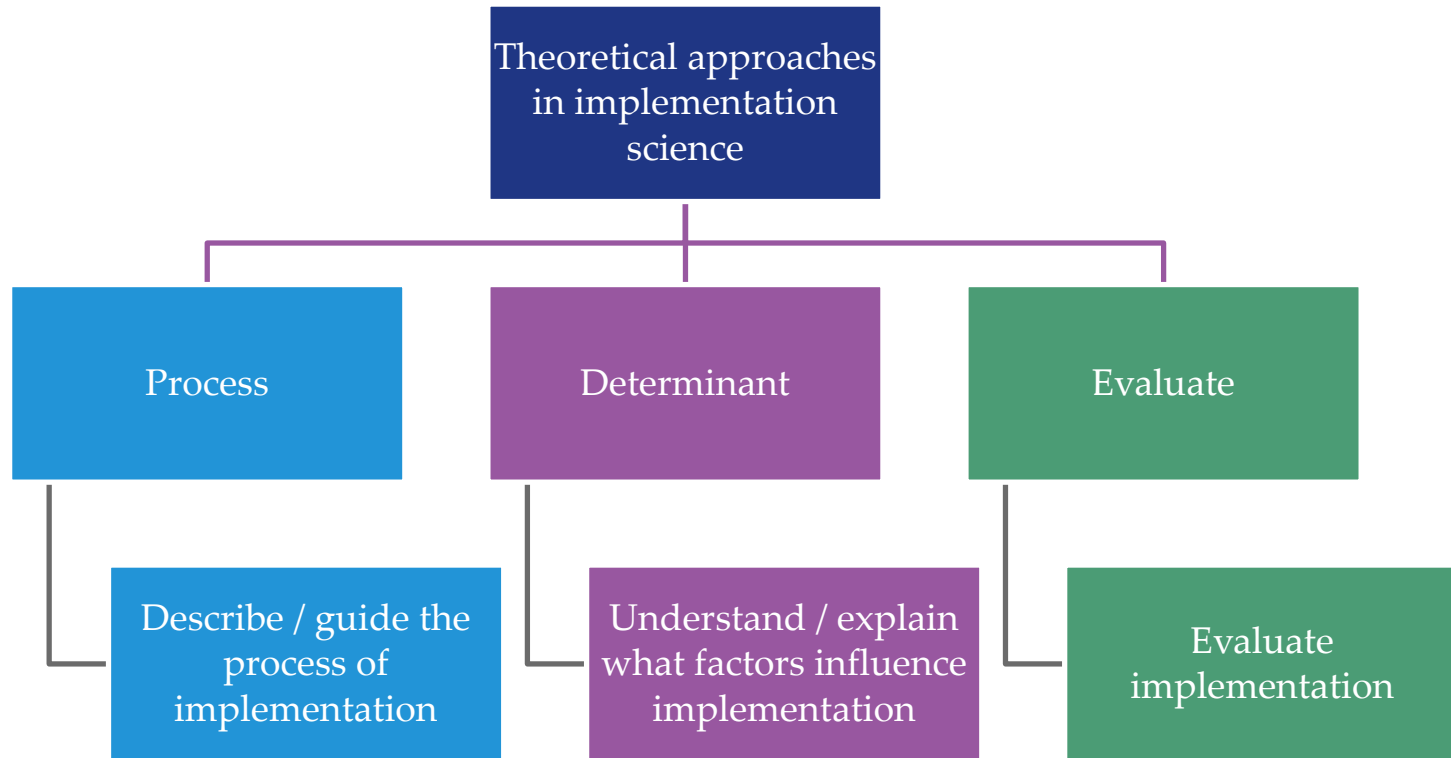
Where does implementation research fit?



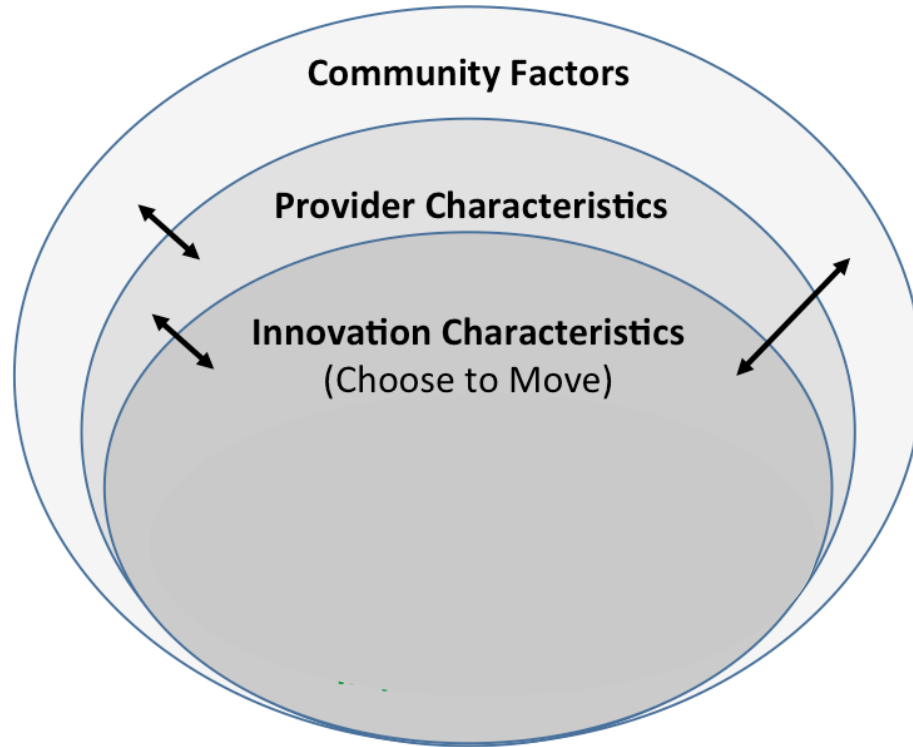
Where does implementation research fit?



Theories, models and frameworks



Example: Determinant



Example: Evaluation

McKay et al. *International Journal of Behavioral Nutrition and Physical Activity*
(2019) 16:102
<https://doi.org/10.1186/s12966-019-0868-4>


International Journal of Behavioral
Nutrition and Physical Activity

RESEARCH

Open Access

Implementation and scale-up of physical activity and behavioural nutrition interventions: an evaluation roadmap



Heather McKay^{1,2*} , Patti-Jean Naylor^{3†}, Erica Lau^{1,2}, Samantha M. Gray¹, Luke Wolfenden^{4,5}, Andrew Milat^{6,7}, Adrian Bauman⁷, Douglas Race¹, Lindsay Nettlefold¹ and Joanie Sims-Gould^{1,2}

Determinants: Range of contextual factors that influence implementation and scale-up (Durlak & DuPre, 2008. *American J Community Psych.*)

Outcomes: Effects of deliberate actions to implement and scale-up an intervention (Proctor et al., 2011. *Adm Policy Ment Health.*)

IMPLEMENTATION MATTERS!

Thank you!

Active Aging Research Team



www.activeagingRT.ca/our-team



@ActiveAgingRT

Lindsay Nettlefold

Lindsay.Nettlefold@ubc.ca

Principal Scientists

Heather McKay
Joanie Sims-Gould

Team Members

Rebecca Collett
Thea Franke
Samantha Gray
Christa Hoy

Hanson Lee
Sarah Lusina Furst
Heather Macdonald
Lindsay Nettlefold

Callista Ottoni
Douglas Race
Preet Rohela
Sara Sitarski