

POPULATION HEALTH FORUMS

Implementation Science from Practice to Research

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Dr. Fleisher is a Senior Research Scientist at Children's Hospital of Philadelphia (CHOP); and Associate Research Professor at Fox Chase Cancer Center. She is also adjunct faculty at the Jefferson College of Population Health and the University of Pennsylvania.

Dr. Fleisher first provided some very important definitions to set the stage. Dissemination she described as a purposive distribution of information and materials. *Dissemination research* is focused on how this information is created, used, packaged, and transmitted and how effective the dissemination is. *Implementation practice* covers a specific set of activities designed to put in to practice. *Implementation science* involves looking at the factors that influence the full and effective use of innovations in practice; it's understanding the why and how.

Dr. Fleisher described the Conceptual Model for Implementation Research¹ which involves the core of implementation science as the center or anchor between the intervention and the outcome. It is important to examine the intervention is being implemented, who's doing the intervention, what kind of training is involved, how successful is the

implementation, and overall looking at the entire context of the implementation.

Dr. Fleisher referred to the work of Tabak et al.² who identified 109 models of implementation science and with exclusions ended up with 61 models. From this study it was found that many models focused on community and organization, while very few focused on policy.

She went on to describe some specific commonly used models such as the Consolidated Framework for Implementation Research (CFIR); RE-AIM Framework. Dissemination and implementation models are important to ensure inclusion of essential strategies; enhance interpretability of study findings; and provide systematic structure for development, management and evaluation of interventions. It is also important to look at de-adoption, Fleisher explains.

Dr. Fleisher's work has focused on health disparities, shared decision making, and in recent years digital health. She stressed implementation research and practice with a multi-disciplinary approach as being critical to the process. Dr. Fleisher described two community projects, the Body & Soul program, a healthy eating program that targeted African Americans in churches and the RCaDES (Reducing Cancer Disparities by Engaging Stakeholders) initiative, as different examples of implementation science.

Dr. Fleisher also discussed an interesting, multi-level digital health initiative at CHOP. The idea behind this initiative is to accelerate the integration of effective and trustworthy mHealth interventions & tools into high quality patient care. She emphasized the importance of testing and mHealth tools, and understanding overall, current practice related to these technologies, both within your own institution and beyond. An external scan of other Children's Hospitals and mHealth was conducted from which valuable information was gleaned. She also discussed "mychoice" a web-enabled application used to address barriers to clinical trial participation in African American Cancer patients.

REFERENCES

1. Proctor et al. Implementation Research in Mental Health Services: an Emerging Science with Conceptual, Methodological, and Training challenges. *Adm Policy Ment Health*. 2009;36(1):24-34.
2. Tabak RG et al. Bridging research and practice models for dissemination and implementation research. *Am J Prev Med*. 2012; 43:337-350.

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