

Keep it Going!

Sustaining and spreading quality
improvement interventions

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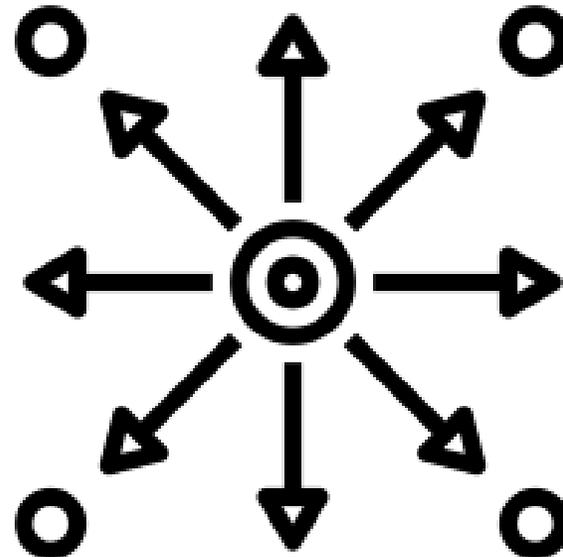
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Quality Improvement (QI) programs rarely consider how their intervention can be sustained long term, nor how to spread to other locations.



Objective:

To explore **implementer and researcher experiences** with sustaining and spreading of quality improvement programs that **effectively improved care for people living with diabetes**, after termination of initial funding of the program.

Methods

- A systematic review of diabetes quality improvement interventions published between 2004 to 2014
- Surveys of authors about sustainability and spread
- Interviews with authors of these studies



Survey Results

78% (73/94) of trials observed improved quality of care 

40% (29/73) of these trials were *not* sustained following study completion. 

19% (4/21) of programs were sustained when it did not lead to improvements 

Who did I speak to?

11 trial authors (13 studies)

Professions:

- 5 Physicians
- 2 Pharmacists
- 2 Non-clinicians
- 1 Dietitian
- 1 Psychologist

Locations:

- 8 United States
- 2 Canada
- 1 Australia

What did they say?

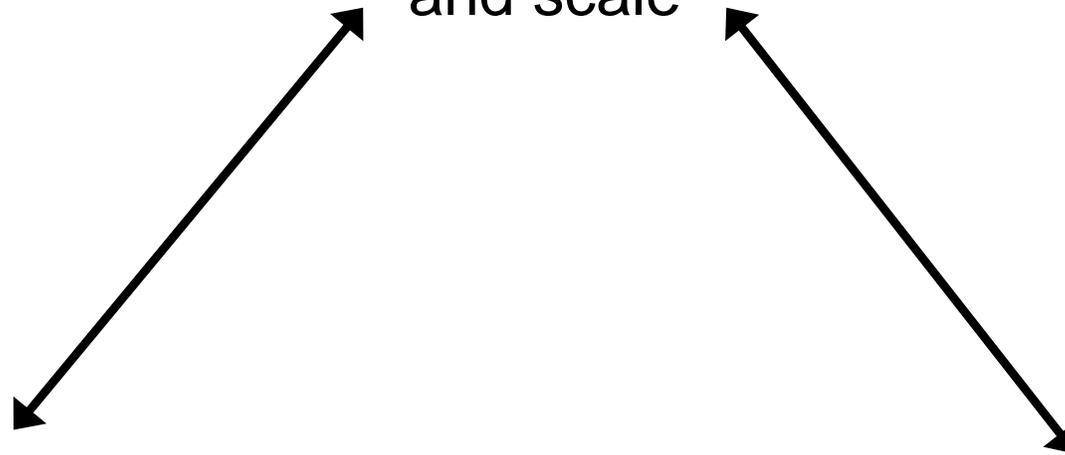
- One participant had developed an effective intervention and then left academia to implement it at scale.

*“One of the reasons I left my position as a research professor... is that I want in fact the things that I had shown worked and **get them up to scale in the real business world.**” 009*

What did they say?

Concept

Understanding implementation,
sustainability, sustainment, spread
and scale



Capacity

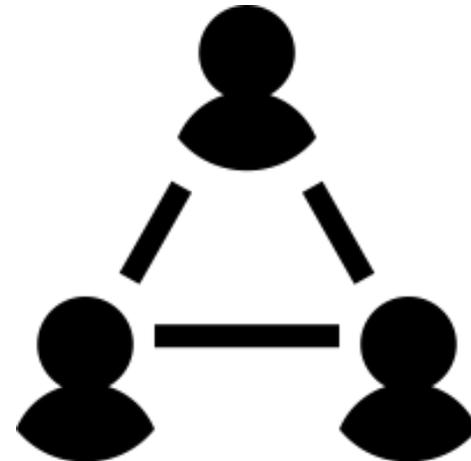
The support, time, resources,
and funding needed by the key
people

Competencies

The knowledge and skills
needed by all involved

Patient and Public Involvement

- Involvement of lived experience advisors was rare in the original studies.
- More recognition now that their involvement is becoming more common.



Co-Creation

- The relationship between community partners and researchers is crucial for initial implementation.
- Role clarity is needed after funding ends.

*“We identify ‘**helicopter researchers**’ that come into a project and step out, and that’s a classic example of how to allow your research to fail and your community to become disenchanting.” 008*



Discussion

- Need for “Implementation Support Practitioners” to help achieve population impact.
- More training opportunities for researchers, practitioners, and lived experience advisors.
- Focus on Impact!

Lessons Learned

- Recruitment challenges
- Memory challenges
- Advantages of exploring changes over time
- Additions of career trajectory perspectives
- How involvement of lived experience advisors has changed over time

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Thank you!

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