

# Improving the Implementation of Brain Injury Guidelines Across the Province

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## Why use an Implementation Framework?

We know that it takes an average of 17 years to translate just 14 percent of research into clinical practice. However, using Implementation Science to guide the adoption of evidence-informed best practice guidelines can greatly **reduce this time**, **promote sustainability** of the adopted guideline, and **improve the standardization of care**.

While the work described here is in the field of Brain Injury rehabilitation and support, the findings and approach to implementation are transferable to other inpatient and community settings.

## Implementation Framework

- Online pre-implementation survey
- Self-selection for implementation

- Catalyst Grant
- Assessment of Environmental Readiness
- Formation of Implementation/Support Teams with leadership, clinician and patient/family members
- **Thorough Implementation Project Planning:** all phases through to sustainability
- Selection/creation of data collection tools: match to the implementation strategies
- Baseline: admin data, chart audit, surveys



Implementation takes time. Planning for implementation should not be rushed.

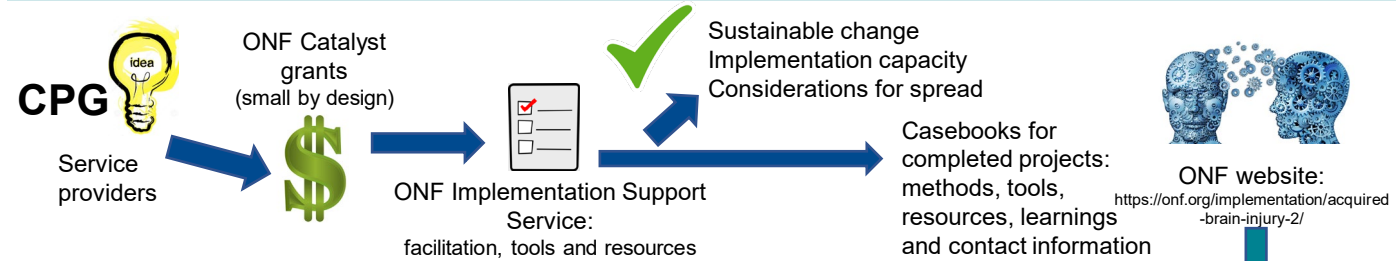
- Set-up **communication and training** mechanisms
- Plan-Do-Study-Act (PDSA) cycle set-up

- Assess **feasibility**: process evaluation, surveys
- Assess for **sustainability**: follow up data collection; more PDSA cycles
- Embed in regular practice; the “new normal”
- Celebrate successes

- Evaluation of **follow up data**: process, outcome, sustainability; adjust as needed
- Have we built capacity to implement within the organization?

## The Ontario Neurotrauma Foundation Approach to Implementation – Acquired Brain Injury

The Acquired Brain Injury Program at the Ontario Neurotrauma Foundation (ONF) provides catalyst funding to propel the implementation of the *Guideline for the Rehabilitation of Adults with Moderate to Severe Traumatic Brain Injury*, the *Guideline for Concussion/Mild Traumatic Brain Injury (mTBI) and Prolonged Symptoms – 3<sup>rd</sup> Edition, Adults (18+ years of age)*, and the *Living Guideline for Diagnosing and Managing Pediatric Concussion* ([braininjuryguidelines.org](https://braininjuryguidelines.org)).



## Overarching Implementation Findings

- Implementation Team **composition is important** – all stakeholders represented and engaged
- Process requires more patience and **planning** than clinicians expected
- Increased **comfort with implementation** process
- Value of **external, focused support and funding** to promote adherence to implementation framework
- Necessary to **plan for sustainability** from start

### Facilitators

- Champions
- Flexibility and creativity
- Knowing implementation frameworks
- Understanding SMART goal setting

### Barriers

- Getting buy-in
- Lack of support from leadership
- Fear of change; concern about workload
- Rigid structure and processes

## Examples of Completed Projects and Deliverables

- **Self-management education** group for adults with concussion – developed an group self- management education session with tools and resources for patients
- Personalized education for **prolonged post-concussion symptoms – algorithm** developed to identify top 3 symptoms and provide education for patients to manage symptoms
- **Pain management** program for adults with moderate-severe brain injury – developed a pain screening process and pain management group for clients
- **Standardized fatigue management** for acute concussion patients – developed a standardized training toolkit for staff and clinicians
- 18 projects in total.....<https://onf.org/implementation/acquired-brain-injury-2/>

The **TAKEAWAY**

Successful and sustainable adoption of evidence-informed best practice guidelines happens using Implementation Science with outside support and funding.

Using an implementation framework allows for findings and outcomes to be transferable across disciplines and organizations.