IMPLEMENTING EVIDENCE BASED PRACTICE

Overcoming Common Barriers 2.0

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Objectives

• Understand barriers to EBP

• Implementing sustainable EBP programs
Definition: Implementation Science...

...addresses the changes that are required to promote the systematic uptake, sustainability, and effective use of evidence-based therapies and practices in typical care settings.
Definition: Implementation

Putting programs to work in real settings to bring benefit to a target audience.
Patients cannot benefit from interventions they do not experience...

“The use of effective interventions without implementation strategies is like serum without a syringe; the cure is available but the delivery system is not.”

—Fixsen, Blase, Duda, Naoom, & Van Dyke, 2010
Patients cannot benefit from interventions they do not experience…

• Premise 1: I am committed to providing the best possible care
• Premise 2: I believe that using current best evidence is an important part of delivering best possible care

• Conclusion: I must **effectively implement** evidence-based practices
The Translational Pipeline

Research -> Dissemination -> Implementation
The Translational Pipeline

Research

Dissemination
2 approaches to EBM used in mature healthcare delivery systems

Guideline Model

High Quality Evidence

Systematic Review

Individual Patient Care Model

CLINIC POLICY

Individual Patient Tx
Do you use **Guideline Model** in your practice?

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**Clinical Practice Guidelines**

Clinical practice guidelines include recommendation statements based on a systematic review of evidence and an assessment of the strongest resources to aid dental professionals in gaining through scientific investigation into patient care.

- Topical Fluoride (Updated November 2013)
- Prevention of Orthopaedic Implant Infection
- Non-Fluoride Caries Preventive Agents
- Reconstituting Infant Formula
- Screening for Oral Cancer
- Sealants
- Infective Endocarditis (IE)
- Treating Tobacco Use and Dependence
Stages of Implementation

1. Exploration (Need for Change)
2. Installation
3. Initial Implementation
4. Full Implementation
5. Program Sustainability

Fixen @ http://www.nrepp.samhsa.gov/courses/Implementations/NREPP_0108_0010.html
Stages of Implementation

1. Exploration

- Identify need for change (current status)
- Assess capacity
  - Organizational commitment
  - Financial
  - Staff buy-in
  - IT
Knowledge **alone** is rarely enough to change behavior

1. Exploration

- Identify need for change

Psychological Barriers to Implementation
Knowledge *alone* is rarely enough to change behavior

1. Exploration

✓ Identify need for change

Psychological Barriers to Implementation
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1. Exploration

✓ Identify need for change

Psychological Barriers to Implementation
Knowledge **alone** is rarely enough to change behavior

1. Exploration

- Identify need for change

**Who feels they have a need for improvement in EBP?**

**What barriers exist to full implementation of that change?**
Stages of Implementation

2. Installation.

Once decision made: making structural and instrumental changes needed.
You must be able to ACCESS evidence

2. Installation.
You must be able to ACCESS evidence

2. Installation.
You must be able to ACCESS evidence

2. Installation.
Stages of Implementation

2. Installation.

- Do the numbers work?
- Do staff know their role?
- What are our outcomes?
- Who monitors outcomes?
Stages of Implementation

3. Initial Implementation

Individuals begin to put into practice all that has planned during first two stages.
ASSIST is more than cheerleading...its coaching

3. Initial Implementation

☑ Assist

Player-Coach

Successful Outcome (Effective EBP)
Now we find out where the problems are….

- Resistance to change
- Inertia
- Program adaptations
- Unrealistic expectations
4. Full Implementation.

Once program is fully integrated into organization, service delivery, and system settings.
Measuring fidelity is important

4. Full Implementation.

Monthly Reports
✓ Compliance with Guidelines
  ✓ High Risk Patients
  ✓ Recall
✓ Feedback to staff
Stages of Implementation

5. Sustainability.

Best Practices
✓ Funding assured
✓ Fidelity monitored and corrected
✓ QI plans in place
✓ Share positive results with staff…etc.

"The bridge from science to service must be built, repaired, maintained, and improved." - NIRN Brief, January 2009
Threats to sustainability

5. Sustainability.

Threats
✓ Funding changes
✓ Staff turnover
✓ Change in priorities
✓ Change in leadership

"The bridge from science to service must be built, repaired, maintained, and improved." - NIRN Brief, January 2009
What does successful implementation look like?

- Changes in professional behavior
- Changes in organizational structures and cultures,
  - (formal and informal) in support of professional behavior change
- Changes in relationships to consumers and stakeholders
Good luck.

Thank You

We're all counting on you.

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