Implementation of evidence-based practice in 2 states: Lessons from the Chronic Disease Self-Management Program

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Abstract: This study examined implementation of the evidence-based Chronic Disease Self-Management Program in two states by eight organizations. These were classified into two types: Aging service organizations (ASOs) or Health care organizations (HCOs). They were chosen based on inclusion criteria at the state level and selection criteria at the organizational level. Each met criteria for achieving a high level of implementation during a defined two-year period. All organizations continued to offer the program.
This was a mixed methods study, using primary qualitative data (telephone key informant interviews), and secondary quantitative data (number of workshops offered and participant completion rate), to explore (retrospectively) factors in implementation. Respondents provided information on internal and external factors and discussed challenges and strategies used. Utility of the research methods chosen was also evaluated.
The examination found agreement among the eight organizations regarding why they had adopted the Chronic Disease Self-Management Program--citing the alignment between the program and their organizations' mission and purpose to improve health status and promote better self-care. Organizations were also alike in that they described the importance of internal champions and senior leader buy-in for effective implementation and sustainability. The ASOs more often described the value of peer and collaborative networks. The HCOs more often described the value of their internal referral sources as important to their implementation success and sustainability. The primary challenges identified by both types of organizations included difficulty in recruiting participants and irregular or insufficient funding sources.
The method for organizational selection and the construction of the key informant instruments facilitated analysis. Utilizing a 5-point Likert-scale response pattern with follow-up open-ended probes in the question set provided the investigator with information for categorizing and coding each response in a way that allowed for comparisons across organizations.
This research is intended to foster effective evidence-based program implementation and program reach nationwide. The focus is on systems change as well as organizational strategies.

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