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University Department of Rural Health

> Implementation salvage: *Lessons learnt from the Melbourne Diabetes Prevention Study (MDPS)*

*Presented by: Dino Asproloupou
On behalf of the MDPS Research Group
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> Background

- Diabetes prevention programs encounter difficulties when being scaled up within health systems. Even under the best of circumstances, implementation is exceedingly difficult.
- The road is likely to be full of unexpected detours, blind alleys, new opportunities and changing constraints.
- **The aim of this study** was to describe and understand the possible factors that can influence the conduct of a trial within real world circumstances and the possible solutions to such problems.

> Melbourne Diabetes Prevention Study

- The Melbourne Diabetes Prevention Study (MDPS) is a randomised controlled trial which is investigating the effectiveness and cost-effectiveness of the state wide Life! Taking Action on Diabetes (Life!) program in Victoria, Australia

> Life! Taking Action on Diabetes

- Life! is a Victorian wide group-based lifestyle behaviour change program facilitated by certified health professionals. The goals of the program are based on modifications to diet and physical activity.

Life!
Taking Action on Diabetes

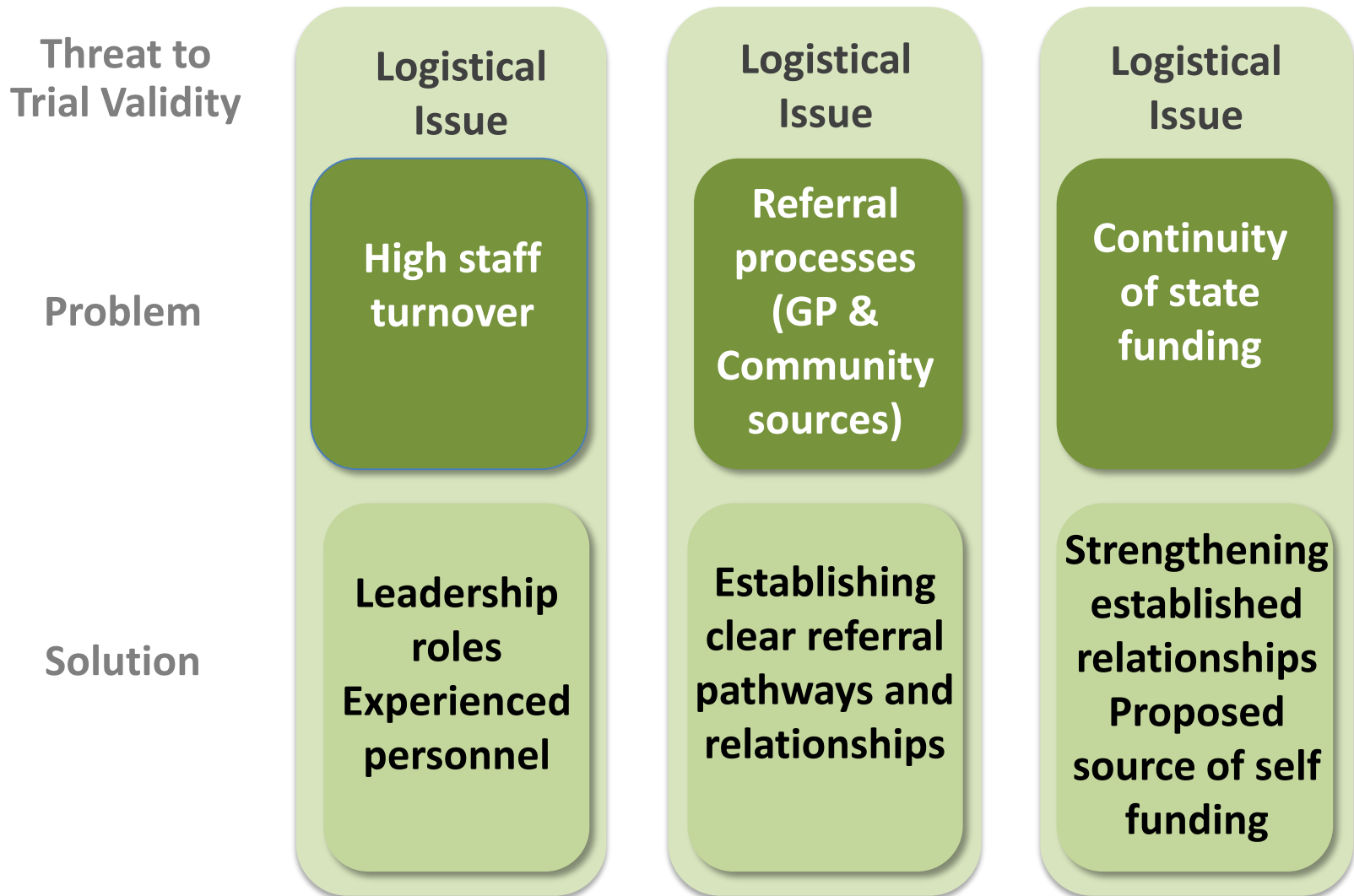


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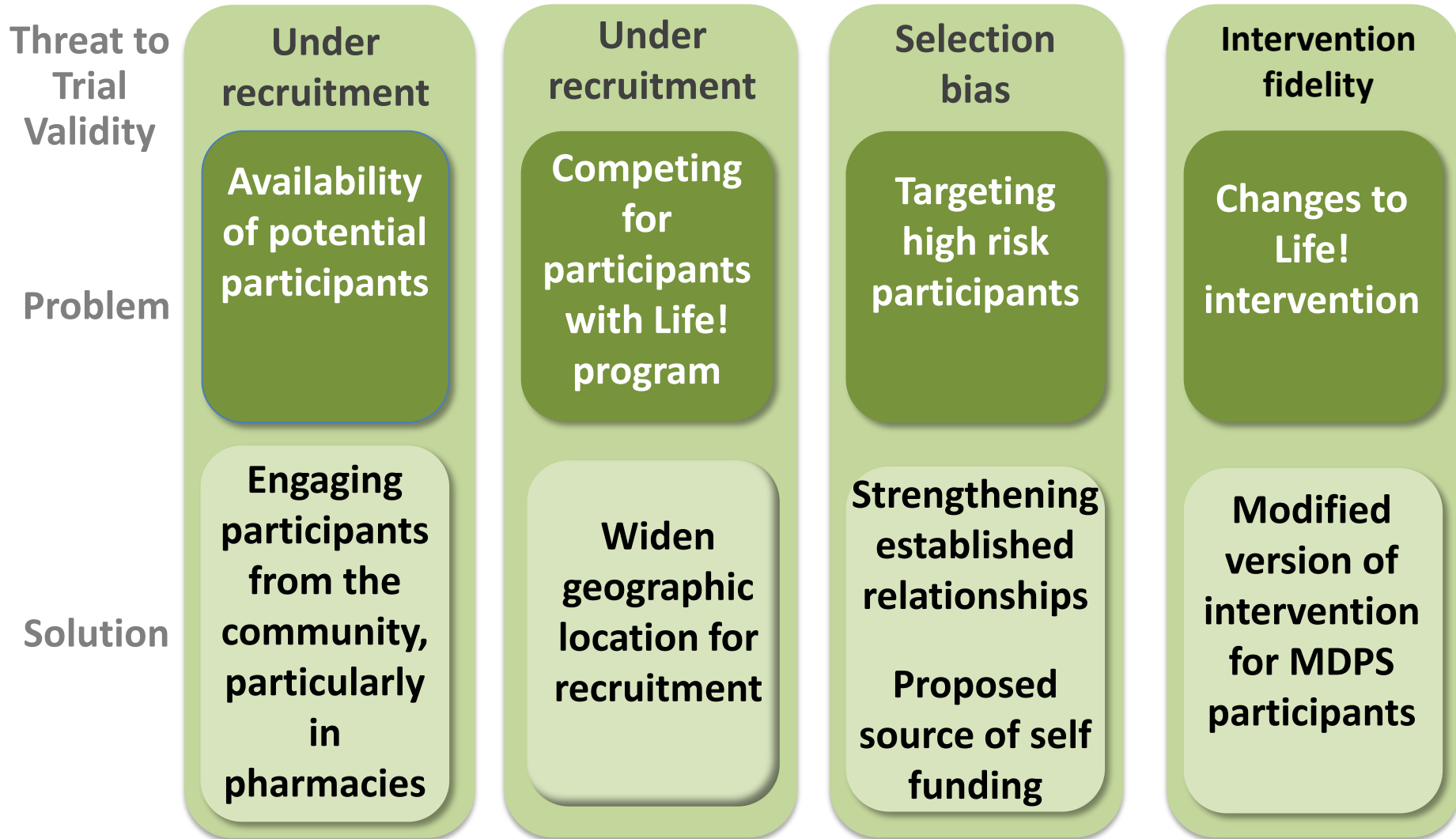
- The issues and methods of recovery the study team encountered were conceptualised using an implementation salvage strategies framework.
- Implementation Salvage Strategies is a framework proposed by Hoagwood et al. (2011) to describe / understand possible factors that influence the conduct of a trial within the real world and possible solutions to problems.
- This model highlights specific factors that can impede on different phases of a trial, and is used to analyse, describe and promote strategies to rescue a study where it otherwise might be terminated.

Hoagwood K, Chaffin M, Chamberlain P, Bickman L, Mittman B: **Implementation salvage strategies: maximizing methodological flexibility in children's mental health research.** In *4th Annual NIH Conference on the Science of Dissemination and Implementation: Policy and Practice*. Edited by Hoagwood K, Chaffin M, Chamberlain P, Bickman L, Mittman B. Maryland US; 2011.

> Implementation Salvage



> Implementation Salvage



> Learning

- The lessons learnt and knowledge gained will inform the future execution of this trial in the coming years.
- Understanding how to overcome evaluation and implementation roadblocks during the translation of diabetes prevention programs is essential to their scale up to the state or national level.

> Sharing Experiences

- We anticipate that these results will be beneficial to researchers conducting trials in the diabetes prevention field internationally.
- We recommend that researchers openly share their experiences, barriers and challenges when conducting implementation research in the real world.

> Acknowledgements

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> The MDPS Research Group

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> Questions & Comments

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