

## Expert consensus on multilevel implementation hypotheses to promote uptake of youth care guidelines: a Delphi study

### Introduction

- ❖ The implementation of evidence-based youth care guidelines remains a complex process.
- ❖ Several frameworks to aid the identification and specification of implementation determinants and effective strategies have been developed.
- ❖ However, how determinants are influenced by specific strategies is not yet clear.
- ❖ There is a need for clarity on which active ingredients of strategies, called Behavior Change Techniques (BCTs), elicit behavior change, and in turn, implementation performance.

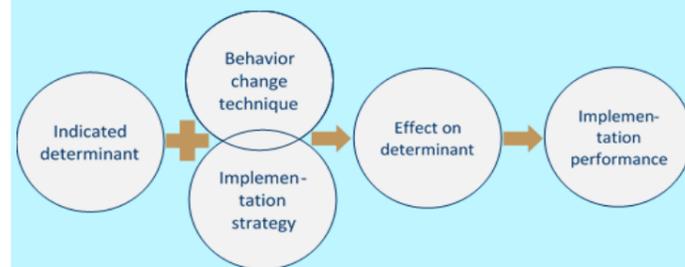
### Objectives

- 1) identify relevant determinants to the implementation of youth care guidelines and
- 1) formulate feasible and effective implementation hypotheses to address these determinants.

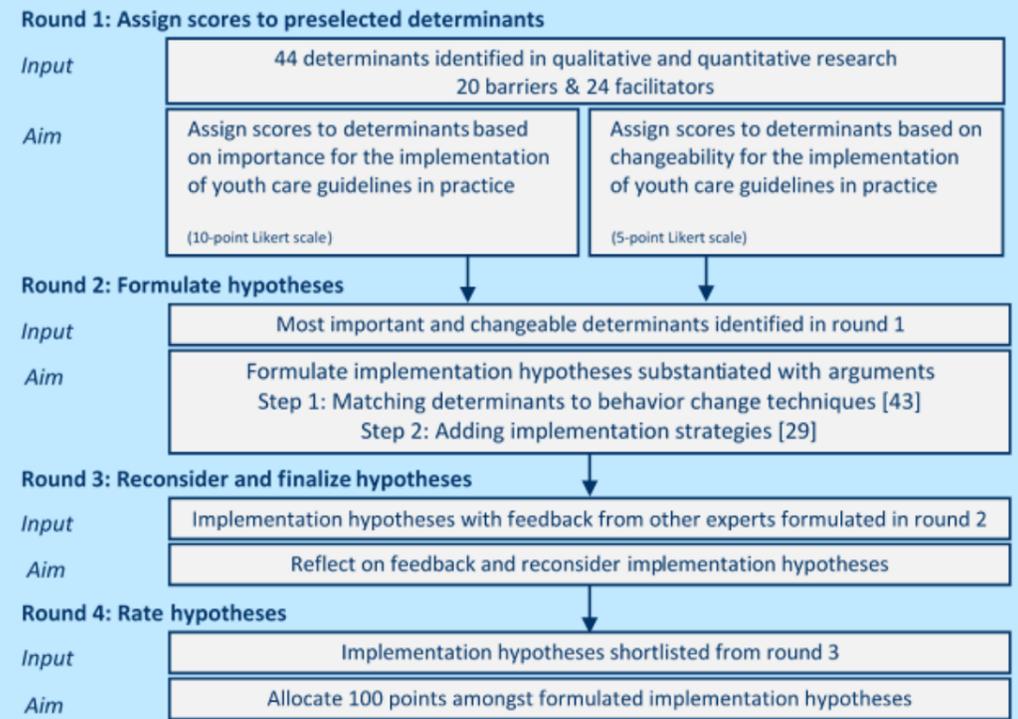
### Participants

- ❖ Experts in the implementation of youth care guidelines in the Netherlands

### Implementation Hypothesis



### Delphi Setup



### Results

#### Most important and changeable determinants

- |   |                                     |
|---|-------------------------------------|
| <i>Engagement of professionals &amp; management</i> | <i>Knowledge and skills</i>         |
| - Promotion of the guideline                        | - Knowledge regarding the guideline |
| - Mandatory education                               | - Communication skills              |
| - A motivated implementation leader                 |                                     |
| - Management support                                |                                     |

#### Effective and feasible implementation hypotheses formulated by experts

Implementation hypotheses		
Determinant	BCT	Implementation strategy
↑ Engagement	Action planning & Practical support	Stakeholder Interrelationships
↑ Knowledge & Skills	Instructions & Practice/Rehearsal	Training & Education

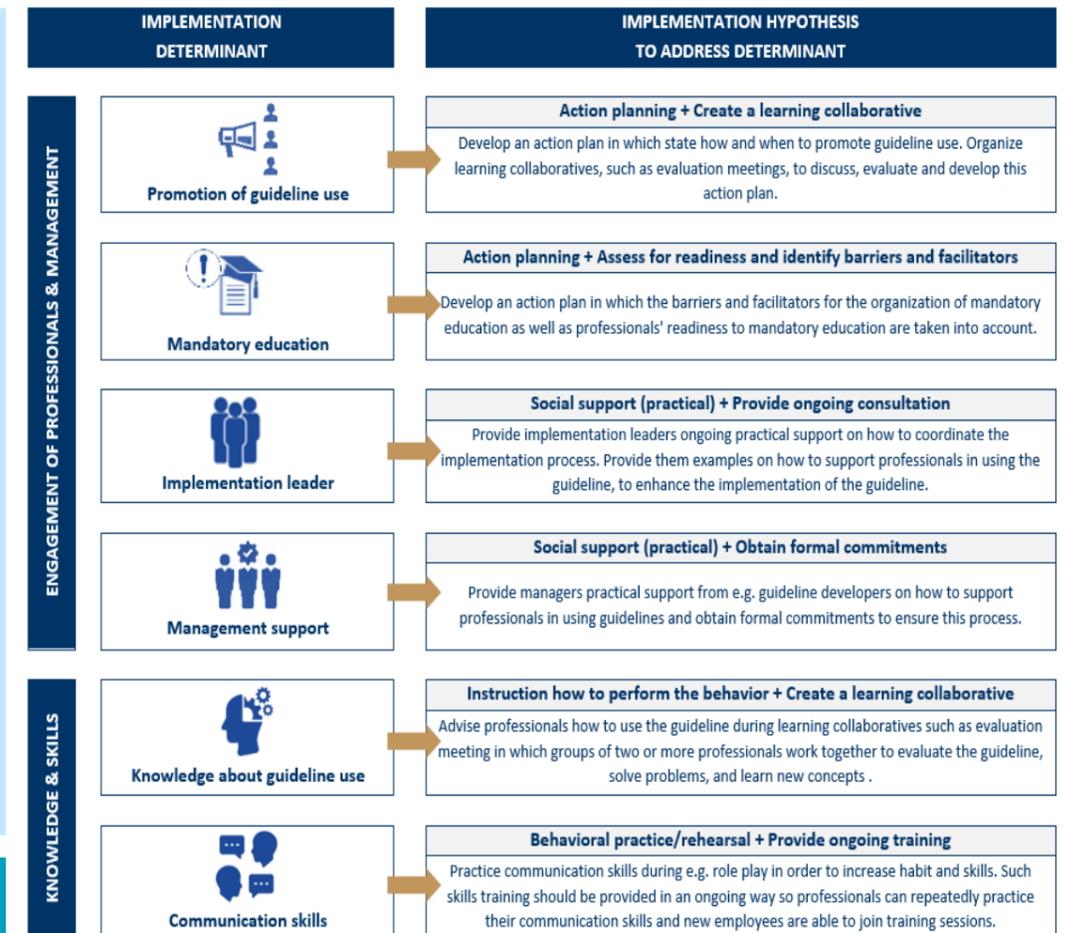


Figure 1. Overview of determinants considered by experts as most important and changeable to the implementation of youth care guidelines and possible strategies to address these determinants.

### Conclusions

- ❖ Determinants related to knowledge, skills, and engagement of both professionals and management were found to be relevant for the implementation of youth care guidelines.
- ❖ Study results could facilitate organizations, policy makers, and professionals to guide the implementation process of youth care guidelines which, ultimately, may improve implementation outcomes.
- ❖ Future research could assess their effectiveness in practice in which type of innovation, context, and outcome should be taken into account.

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