

Exploring outcomes from a novel shared professional training and wrap around support package on sustaining complex intervention fidelity: Lessons from LISTEN

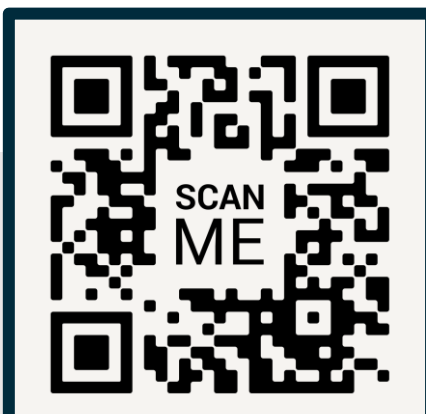


Leggat, F.J¹, Sevdalis, N.,² & Jones, F.^{1,3}

¹ Population Health Research Institute, St George's, University of London, London, London, England, UK.

² Centre for Behavioural and Implementation Science Interventions, Yong Loo Lin School of Medicine, National University of Singapore, Singapore.

³ Centre for Applied Health and Social Care Research, Faculty of Health, Social Care and Education, Kingston University, London, England, UK.



Context

The research formed part of the NIHR funded Long Covid Personalised Self-management support and Evaluation (LISTEN) project (Long COVID in non-hospitalised individuals Call. Ref: COV-LT2- 0009). See protocol paper for info [1].

Background

- Healthcare professionals (HPs) play primary roles in delivering complex rehabilitation interventions
- However, for new chronic conditions, such as Long Covid, additional training and support may be necessary for fidelity
- Intervention delivery is recognised within implementation science, yet, the appropriateness and influence of training and ongoing support on fidelity is often not evaluated

Rationale & Aim

- To formatively evaluate the design and impact of a novel training and support package on HPs' knowledge, skills & confidence to deliver the LISTEN intervention as intended
- Part of a wider process evaluation using the Consolidated Framework for Implementation Research (CFIR) v2 [2]



Training & Support Package

8-hour interactive group training
Podcasts
Q&A drop-in sessions
Crib sheets
Exemplar sessions
Monthly newsletters

Methods

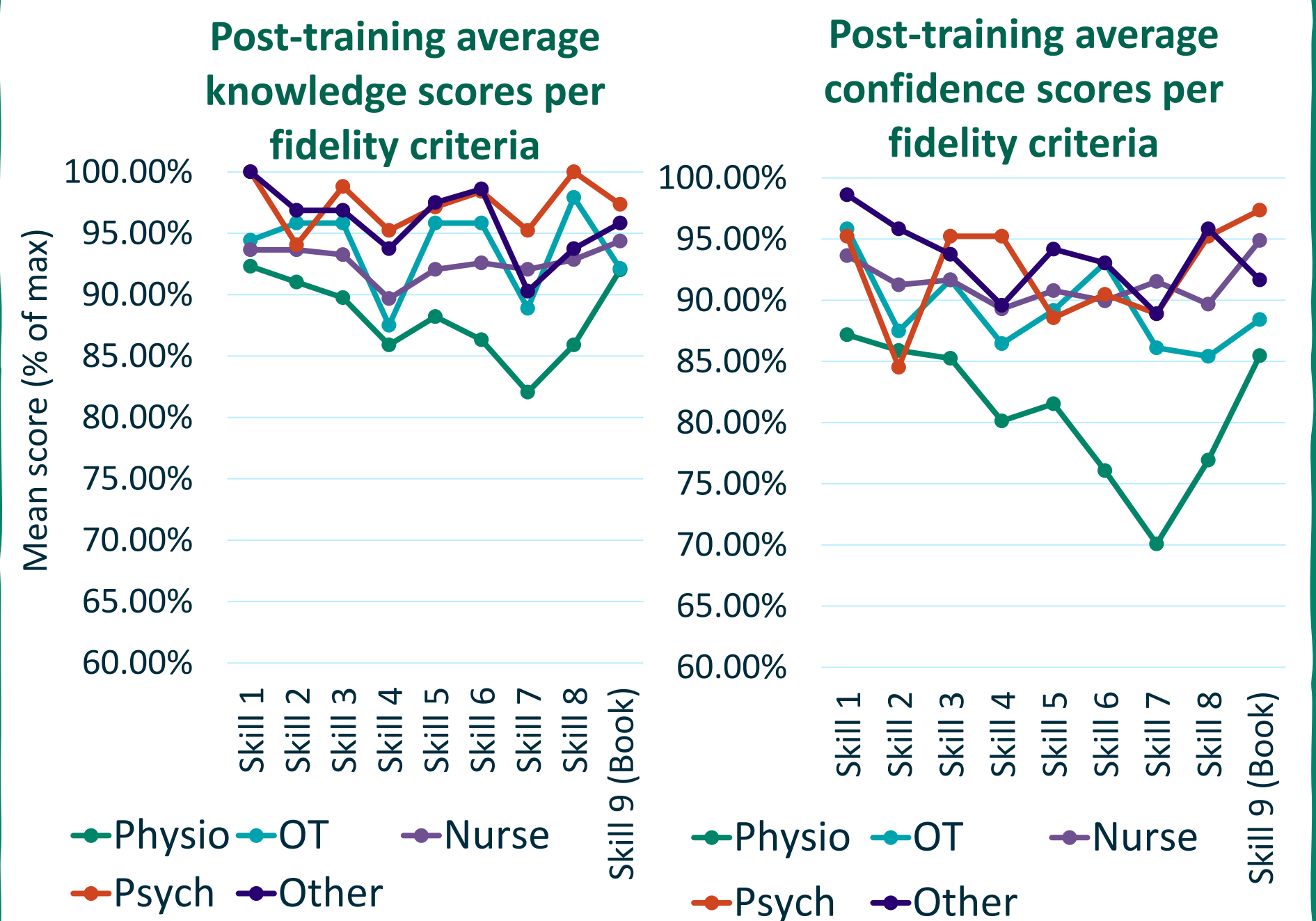
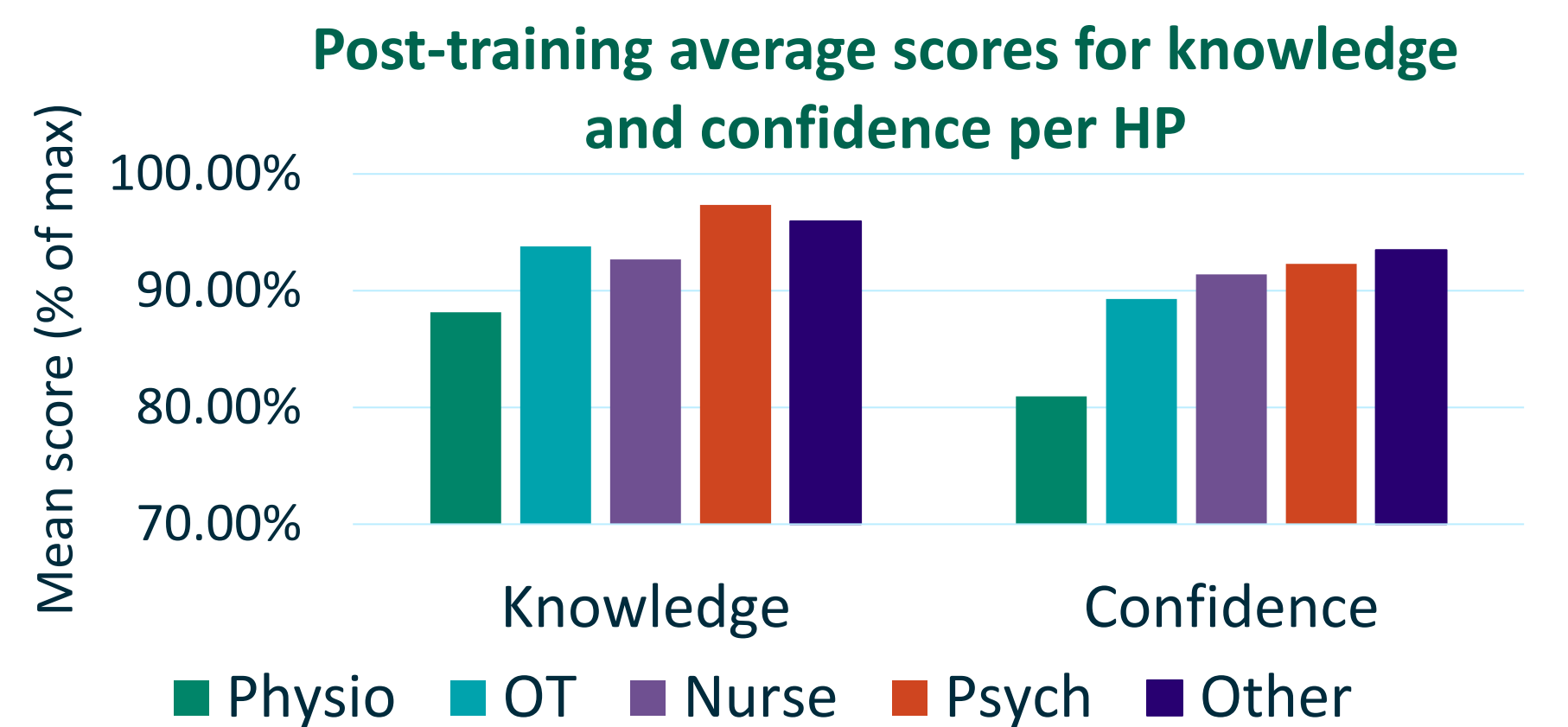
HPs (e.g., physiotherapists, occupational therapists [OTs], psychologists, nurses) who undertook the LISTEN group-based training.

Post-training self-report online survey.
- Asked to score knowledge and confidence on 9 intervention fidelity criteria (37 items) using 3-point Likert scales

Virtual focus groups.
- Explore perceptions of training & support package
Data were analysed using descriptive statistics & quotes from initial themes are presented

Findings

- 57 HPs completed the post-training survey



"I got a lot from the training, but I left not feeling confident because I hadn't practiced on a real person"

"Q&As were a reflective, open forum. I found it really inclusive, sharing ideas and experiences. It was very helpful. You must keep the peer support"

"The training was pretty thorough and gave us some tools"

"Having everything on a Teams channel gave reassurance that you could dip in and out"

Implications & Conclusions

- HPs participating in shared professional training to deliver a complex intervention require tailored support to address profession-specific needs
- The influence of the support package on fidelity continues to be evaluated within the LISTEN trial