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OBJECTIVE

Despite a wealth of strong evidence on the effectiveness of exercise and education for hip and knee osteoarthritis (OA), **implementation of these interventions in Irish healthcare settings is sub-optimal**. This paper captures the key methodologies used in the design, implementation, and evaluation of the IMPACT project to confront this problem.

METHODS

Design: Type III Hybrid Implementation-Effectiveness using Consolidated Framework for Implementation Research (CFIR)

ENGAGE

Engage Steering Committee
Survey GPs, Physiotherapists, Patients
Develop Implementation Strategies

IMPLEMENT

Good Living with osteoArthritis
Denmark (GLA:D) across different
health settings in Ireland.

EVALUATE

Implementation indicators, patient
outcomes and healthcare utilisation from
the patient registry at 3- and 12-months.

SHARE

Share results with engaged
stakeholders and rollout the
programme on a national level.



Steering Committee: 5 researchers, **4** physiotherapists, **3** patient representatives, **2** other clinicians (**1** GP, **1** orthopaedic consultant)

Implementation Strategies informed by:

- 1 Theoretical Framework (CFIR)
- 2 Literature Review
- 3 Local Context (stakeholder surveys)
- 4 Expert Consensus

GLA:D Ireland intervention involves:



Training of
Physiotherapists



Exercise & Education
programme



Online patient registry
to collect outcomes

RESULTS

Some identified strategies:

Create
learning
tools for
healthcare
professionals

Make
programmes
available across
multiple health
settings

Campaign
to dispel
exercise
myths for
joint pain

CONCLUSION

Incorporating **a participatory research approach** and including end-users in the planning, design, implementation and evaluation stages is seen as a critical approach to overcoming pragmatic barriers and ensuring the appropriate care is delivered to the patients who need it. This model will be used to implement the GLA:D programme in Ireland and can act as a template for implementation of clinical practice guidelines for other chronic conditions in Irish healthcare settings. This research has the potential to change practice and **promote a policy of exercise and physical activity referral for chronic musculoskeletal disease** that utilises community engagement effectively and enacts change **'together'**.

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