

Fidelity in Rehabilitation Research - toolkit

DESIGN	RESOURCING	IMPLEMENTATION
<p>Base intervention description on:</p> <ul style="list-style-type: none"> Existing intervention descriptions Empirical evidence for intervention components Existing theoretical rationales for intervention components Practice guidelines relevant to intervention Consultation with stakeholders Survey of similar interventions in real-world practice <p>Use surveys and stakeholder consultation to identify key delivery features, contextual factors and threats to fidelity</p>	<ul style="list-style-type: none"> Define required knowledge, experience and competence of practitioners Provide behaviour-focused training involving role play or practice with clients Monitor and feed back against defined performance criteria Provide additional briefing/training for role in the research process Provide incentives for practitioner engagement, such as accreditation of training, or Continuing Professional Development points Ensure essential resources are available in all intervention sites 	<ul style="list-style-type: none"> Formative feedback to practitioners during intervention Provide practitioner with check-lists of core intervention components and quality criteria Practitioners provide formative feedback to clients Client and practitioner self-monitoring built into intervention
<p>Strategies to enhance fidelity</p> <ul style="list-style-type: none"> Lack of clarity on core components versus legitimate variations in practice Insufficient guidance on specific dose and effort descriptors for target population 	<ul style="list-style-type: none"> Previous experience and attitudes of practitioners Inconsistency in training package External environmental constraints 	<ul style="list-style-type: none"> Concern that practitioner autonomy is undermined by defined intervention Inadequate practitioner skills Drift from core intervention components over time Inappropriate location / inadequate resources Lack of client commitment to independent activity and "enactment"
<p>Threats to fidelity</p>		

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Methods of fidelity assessment	<ul style="list-style-type: none"> • Selecting appropriate instruments to assess core intervention components • Piloting and testing reliability of fidelity assessment instruments 	<ul style="list-style-type: none"> • Evaluation of training process against defined content & quality criteria • Monitoring attendance at training • Practitioner interviews • Audit of required resources and site characteristics 	<ul style="list-style-type: none"> • Field visits to multiple training sessions at each site • Interviews with practitioners • Interviews/focus groups with clients • Video recording and assessment • Client diaries • Client attendance records • Practitioner session records • Monitor used of diaries and records
Fidelity-related outputs	<ul style="list-style-type: none"> • Intervention manual describing <ul style="list-style-type: none"> ○ Core behaviours and activities of practitioners, clients and their interactions ○ Allowed flexibility in intervention delivered ○ Proscribed components of intervention ○ Essential resources for intervention • Strategies to reduce threats to fidelity 	<ul style="list-style-type: none"> • Accreditation of practitioners • Site and resource audit reports 	<ul style="list-style-type: none"> • Quantitative fidelity data (e.g. session fidelity scores, attendance) • Qualitative information to help explain departures from fidelity • Incorporation of fidelity data into analysis and use to interpret outcome findings.