**Fidelity in Rehabilitation Research - toolkit**

**DESIGN**

- Base intervention description on:
  - 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

- Use surveys and stakeholder consultation to identify key delivery features, contextual factors and threats to fidelity

**RESOURCING**

- Define required knowledge, experience and competence of practitioners
- Provide behaviour-focussed 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

**IMPLEMENTATION**

- 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

**Strategies to enhance fidelity**

- Lack of clarity on core components versus legitimate variations in practice
- Insufficient guidance on specific dose and effort descriptors for target population

**Threats to fidelity**

- Previous experience and attitudes of practitioners
- Inconsistency in training package
- External environmental constraints

- 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”
<table>
<thead>
<tr>
<th>Methods of fidelity assessment</th>
<th>DESIGN</th>
<th>RESOURCING</th>
<th>IMPLEMENTATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Selecting appropriate instruments to assess core intervention components&lt;br&gt;• Piloting and testing reliability of fidelity assessment instruments</td>
<td>• Evaluation of training process against defined content &amp; quality criteria&lt;br&gt;• Monitoring attendance at training&lt;br&gt;• Practitioner interviews&lt;br&gt;• Audit of required resources and site characteristics</td>
<td>• Field visits to multiple training sessions at each site&lt;br&gt;• Interviews with practitioners&lt;br&gt;• Video recording and assessment&lt;br&gt;• Client diaries&lt;br&gt;• Client attendance records&lt;br&gt;• Practitioner session records&lt;br&gt;• Monitor used of diaries and records</td>
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<td>• Intervention manual describing&lt;br&gt;  o Core behaviours and activities of practitioners, clients and their interactions&lt;br&gt;  o Allowed flexibility in intervention delivered&lt;br&gt;  o Proscribed components of intervention&lt;br&gt;  o Essential resources for intervention&lt;br&gt;• Strategies to reduce threats to fidelity</td>
<td>• Accreditation of practitioners&lt;br&gt;• Site and resource audit reports</td>
<td>• Quantitative fidelity data (e.g. session fidelity scores, attendance)&lt;br&gt;• Qualitative information to help explain departures from fidelity&lt;br&gt;• Incorporation of fidelity data into analysis and use to interpret outcome findings.</td>
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