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**Implementing an Early Supported Discharge program for stroke: A CFIR informed case study**

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**Objectives/aims**

This study formed part of a larger evaluation program, which also investigated patient outcomes and patient/carer lived experience. The objective of the study reported here was to comprehensively describe staff perceptions of the process of implementing an Early Supported Discharge (ESD) program for stroke survivors in a low socio-economic and culturally diverse community.

**Methods**

A mixed methods case study design was adopted, with the case being the implementation of the ESD program in a metropolitan public health service during 2017. The Consolidated Framework for Implementation Research (CFIR) informed the design and conduct of all data collection and analysis. Mixed methods surveys (n=111) were completed by multidisciplinary staff at baseline, 3 month and 6 month time points. Twenty three staff also participated in focus groups or semi structured interviews about their experience of implementing the ESD program at the final time point. All quantitative data was analysed descriptively, while qualitative data was subjected to thematic analysis.

**Main findings**

All CFIR domains influenced staff perceptions of the process of implementing ESD. Overall themes from the data included; 1) the evolving implementation process over time; 2) moulding ESD to meet local demands; 3) the enabling and hindering impact of service structural factors; and 4) the significance of individual workforce characteristics on overall implementation success. While implementing ESD was an intense experience for staff, they believed the benefits far outweighed the challenges and were strongly committed to ESD continuing. Evidence based implementation recommendations have been applied to the ongoing delivery of ESD in this service.