



**Evidence and  
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Summit 2023**  
9–11 October

**Melbourne, Australia & Online**



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Science Interventions  
Yong Loo Lin School of Medicine



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## **#10 - Evaluating the usability and effectiveness of an online implementation program to support evidence-based practice.**

### **Presenting Author(s)\***

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### **Objectives/aims**

This project aimed to enhance midwives' knowledge and confidence to lead a practice-change, aligning current ways of doing with evidence-based practice. Our objectives were to:

- Evaluate the usability and effectiveness of the program across a range of maternity services in both the public and private sectors.
- Confirm what active implementation support midwives require to lead implementation initiatives in the clinical setting.

### **Methods**

This study is the result of a PhD that was undertaken between 2018 – 2021, which led to the development of an online educational program for midwives that is designed to support midwives initiate evidence-based change in clinical areas. The study is a hybrid effectiveness-implementation project, conducted according to the four broad phases of action research: plan, act, observe and reflect. Our approach is outlined below:

#### **1. PLAN**

##### **1.1 Formation of a stakeholder Consultation Group**

Phase one of the study comprised the formation of a midwifery consultative committee, who served as a network for recruiting midwives to trial and evaluate the program in the clinical setting. Members of the research team purposefully recruited a small group of midwifery leaders who served as site champions for the study

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across three maternity service sites in Western Australia and Victoria. These site champions were invited to nominate 4-6 practicing midwives within their jurisdiction who were planning or in the early stages of initiating a practice change in the clinical setting. The midwives nominated were invited to trial and evaluate the program while undertaking their projects, providing feedback on its usability and effectiveness regarding the programs usability and overall effectiveness in supporting midwives to lead implementation initiatives in the clinical setting.

## 1.2 Completion of an online pre-implementation survey

Midwives who agreed to participate in the evaluation were provided access to the program and complete a pre-start survey using the software package Qualtrics™. The survey asked participants:

- What do you know about the science behind evidence implementation?
- Have you previously experienced any barriers or challenges when initiating a practice change in your workplace?
- How confident do you currently feel about leading a practice change initiative in your workplace?
- What are the key attributes for midwives wanting to lead a practice change initiative in their workplace?
- What do you hope to learn from participating in this program?

## 2. ACT

2.1 Midwife participants completed the course in their own time over a period of 6 months, applying the theory to their practice change initiatives.

## 3. OBSERVE

3.1 Ongoing monitoring of participants use of the program was conducted using simple course metrics to ascertain the length of time participants spent on each module.

## 4. REFLECT

4.1 Following completion of the program, each midwife participant was invited to complete an online post-implementation survey, which built on the questions posed to them in phase 1.2:

- What have you learned about the science of evidence implementation?
- What did you find most valuable about the program?

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- What else do you want to learn more about in relation to evidence implementation (if anything)?
- How do you rate the usefulness of the program?
- How can we improve the program?
- How confident do you now feel about leading a practice change initiative in your workplace?
- On reflection, what do you think are the key attributes midwives require to lead a practice change project in their clinical area?

## **Main findings**

Preliminary findings confirm that midwives lack confidence to lead implementation initiatives in clinical areas. Learning how to apply Implementation Science theory to practice issues increased midwives' knowledge and confidence to initiate new practices that align current ways of doing to best practice recommendations.

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