Step 5

Sustain the Evidence-Based Practice

The checklist below on sustainability is the fifth checklist in the series of eight and is designed to help agencies sustain their implementation of evidence-based practices (EBPs) over time. It is important for agencies to continue implementing EBPs so that they can achieve the outcomes they want to see, such as reduced recidivism and behavioral health recovery.

Monitor implementation benchmarks for the EBP.

1. Has the EBP been performing as expected within the past year?

☐ Design benchmarks (process measures, outputs and short-term outcomes) for the implementation of the EBP.

☐ Identify roadblocks to successful implementation.

☐ Identify any patterns in uneven delivery of the EBP and patterns where implementation of the EBP is meeting its expected process and outcome measures.

Identify features of the EBP that produce positive outcomes and areas for continued improvement.

2. Has a process and/or outcome study been conducted to show whether the EBP had a positive impact on participants?

☐ Conduct a process and/or outcome study using measures as described in the Step 4 checklist to examine how well participants responded to the EBP and how well staff embraced and implemented it.

☐ Use the results of the outcome study to identify areas of implementation that need to be strengthened.

☐ Compare the study results to the foundational EBP literature to identify what was not included in the EBP.

☐ Discuss with stakeholders whether the EBP has addressed the original problem based on the outcome study.

Identify resources needed to fully implement the EBP.

3. Have resources, space, and/or staffing been identified to implement the EBP at the optimum level?

☐ List any limitations in resources and how these limitations can be overcome.

☐ Discuss these gaps and how they affect the EBP.

☐ Examine various sources of funding for the EBP so that the agency or agencies involved in implementing the practice can continue implementation.

Revisit the logic model.

4. Are changes to the logic model necessary based on lessons learned from implementing the EBP?

☐ Update the logic model (see the Step 3 checklist) to align with implementation of the EBP.

☐ Identify resources that are not available and how these resources, if procured, can be applied to support implementation of the EBP.

☐ Focus on how the EBP was adapted and what changes in inputs and processes occurred.

Refine the process for implementing the EBP.

5. Are there changes that should be made to strengthen implementation of the EBP?

☐ Identify the changes that should occur to improve implementation of the EBP.

☐ Establish a timeline for the modifications.

☐ Refine implementation of the EBP, as needed, to ensure that its core components are being incorporated.

Reassess process and performance measures, particularly outputs and outcomes.

6. Are adjustments in the process and performance measures needed to align better with the EBP?

☐ Review and realign the process and performance measures (see the Step 4 checklist), as needed, based on how well the EBP has been implemented. If there are specific implementation issues that are arising, ensure that there are metrics in place to monitor and solve any implementation challenges.

☐ Message major changes in the process for implementing the EBP to staff and stakeholders.

☐ Reassess implementation of the EBP based on these refined measures.

Resources

Developing a Comprehensive Definition of Sustainability ↗ provides five conceptual definitions of sustainability.

Evidence-Based Intervention Sustainability Strategies: a Systematic Review ↗ identifies the factors that either help or limit the sustainability of EBPs.

Implementation Science: Moving from Theory to Sustainability ↗ provides approaches to strengthen quality improvement and sustainability of EBPs.

Navigating the Sustainability Landscape: A Systematic Review of Sustainability Approaches in Healthcare ↗ reviews several approaches to promote the sustainability of EBPs in health care settings.

Sustaining Evidence-Based Interventions and Policies: Recent Innovations and Future Directions in Implementation Science ↗ provides six recommendations to promote best practices for sustaining EBPs.