

Research into practice implementing practice guidelines

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Supporting evidence-informed practice

Practice guidelines assist occupational therapists and service users in making decisions about appropriate health and social interventions for a specific condition or population (College of Occupational Therapists (COT) 2011a).

Characteristics of practice guidelines:

- Systematically developed evidence-based recommendations
- Define what is the best and most effective practice
- Outline the nature and level of clinical intervention

So why are guidelines not always translated into practice?

Barriers include:

- Workload demands
- Lack of confidence
- Time constraints
- Absence of management support
- Reluctance to change

(Dopp et al 2012)

COT cross-cutting activity



Draft toolkit developed in liaison with the COT Specialist Section Trauma and Orthopaedics to support implementation of the practice guideline for people who have had lower limb amputations (COT 2011b)



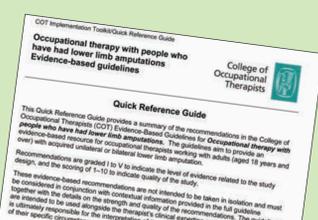
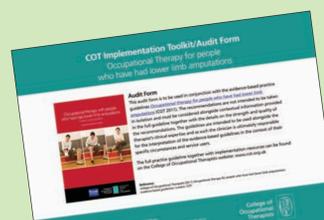
COT Practice Publications Group approval
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A practical toolkit provides practitioners, managers and commissioners with an implementation pathway resource

Awareness

Audit

Application



A continuing professional development session – ready to use

An audit tool for benchmarking and ongoing evaluation

A Quick Reference Guide for ongoing use

Are the implementation tools useful?

COT is monitoring use of resources via a feedback form on the website; liaison with Specialist Sections; web download statistics

Implementation resources are freely available to download for COT practice guidelines published since 2011
www.cot.co.uk/practice-guidelines/cot-practice-guidelines



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References:

- College of Occupational Therapists (2011a) *Practice guidelines development manual*. 2nd ed. London: COT.
College of Occupational Therapists (2011b) *Occupational therapy with people who have had lower limb amputations*. London: COT.
Dopp CME, Steultjens ENJ, Radel J (2012) A survey of evidence-based practise among Dutch occupational therapists. *Occupational Therapy International*, 19(1), 17-27.

www.COT.org.uk



COT Annual Conference 2013 – Abstract for facilitated poster

Research into practice: supporting the implementation of practice guidelines

Practice guidelines provide an invaluable contribution to an occupational therapist's ability to deliver evidence-based interventions (COT 2011a). However, how readily are guideline recommendations translated into practice, particularly when studies identify lack of time and high workloads as potential barriers (Dopp et al 2012)?

A cross-cutting activity involving the College of Occupational Therapists' Professional Practice, Research and Development, and Education and Learning groups set out to develop resources to assist practitioners taking guideline recommendations from theory into practice.

Three practical tools were designed to facilitate:

- Awareness and understanding (a continuing professional development session);
- Audit (a tool to evaluate recommendations); and
- Application (a Quick Reference Guide).

A draft implementation toolkit was compiled for the COT Specialist Section-Trauma and Orthopaedics' evidence-based guideline Occupational therapy with people who have had lower limb amputations (COT 2011b) and shared with members of that guideline development group. The format was subsequently approved by the College's Practice Publications Group.

Support tools cannot guarantee local implementation of guideline recommendations. However, as a freely available resource, they can support the active engagement of practitioners, managers and commissioners, in meeting the challenges of delivering evidence-based practice.

The presentation outlines how the toolkit, now available for guidelines published by the College since 2011, forms part of an implementation pathway. It also highlights how the College uses routine website download statistics, and a feedback form, to monitor interest and response to the resources.

References

College of Occupational Therapists (2011a) *Practice guidelines development manual*. 2nd ed. London: COT.

College of Occupational Therapists (2011b) *Occupational therapy with people who have had lower limb amputations*. London: COT.

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