

Dr Elaine Toomey

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"Exploring implementation fidelity within complex behaviour change interventions: a journey from physiotherapy to public health research".

Seminar Presentation

Addressing implementation fidelity (the extent to which an intervention is implemented as intended by its developers) is vital as it determines whether changes in study outcomes are due to the effect of the intervention itself and not due to variability in implementation. However, fidelity continues to be poorly addressed in healthcare research and behaviour change interventions, and little is known about fidelity in the field of physiotherapy in particular. This presentation will provide an overview of recently concluded PhD research in the area of implementation fidelity of a physiotherapy self-management intervention for chronic pain. The presentation will also discuss current interdisciplinary work as part of the 2015 Irish Health Research Board Interdisciplinary Capacity Enhancement awards in the area of childhood obesity. This work aims to develop and evaluate an intervention to promote healthy infant feeding behaviours in primary care, applying lessons learned from the previous PhD research in a broader public health field.

Brief Biography

Elaine is a Health Research Board (HRB) Interdisciplinary Capacity Enhancement (ICE) post-doctoral research fellow, and a chartered physiotherapist with the Health Behaviour Change Research Group based in the National University of Ireland Galway. She is currently involved in the development of a complex intervention to enhance infant feeding practices with a goal of improving childhood obesity outcomes, specifically focusing on process and implementation outcomes. She also works part-time in a physiotherapy practice.

Before joining the Health Behaviour Change Research Group, she completed a PhD in University College Dublin in 2016 using mixed methods to investigate implementation fidelity within a physiotherapy-led behaviour change intervention to promote self-management in people with chronic low back pain and/or osteoarthritis. Prior to this, her MSc from the University of Limerick explored clinical interventions for non-ambulatory people with multiple sclerosis.

Her research interests include implementation science and knowledge translation, clinical trials and complex interventions, mixed methods and behaviour change in areas such as chronic pain, childhood obesity and physical activity. She is also a recent recipient of a 2016 Leamer-Rosenthal Prize for Open Social Science for Emerging Researchers from University of California Berkeley for her work in fidelity and transparency of behaviour change interventions.

Researchgate profile: https://www.researchgate.net/profile/Elaine_Toomey2

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Free. All welcome. No need to book. If you are attending from outside the University, please check the seminar is taking place. If in the event of a fire you need assistance please contact us to arrange a Personalised Emergency Evacuation Plan.

Please note: The venue is on the main university campus.