29TH ESPACOMP CONFERENCE

BRIDGING GAPS IN MEDICATION ADHERENCE:
STAKEHOLDER ENGAGEMENT AND INTERPROFESSIONAL INTERVENTIONS

ESPACOMP 2025 Workshop

Evaluating effectiveness and implementation of medication adherence interventions using (hybrid) implementation designs: a hands-on interactive workshop

12 November 2025, Malaga (Spain)

In-person meeting

Faculty

- Dr. Charlotte Bekker, PhD (Radboud University Medical Center, The Netherlands)
- Prof. Dr. Bart van den Bemt, PhD, PharmD (Radboud University Medical Center, The Netherlands)
- Prof. Dr. Sabina De Geest, PhD, RN (University of Basel, Switzerland & KU Leuven, Belgium)
- Dr. Juliane Mielke, PhD, RN (University of Basel, Switzerland)
- Prof. Dr. Leah Zullig, PhD (Duke Conference, USA)

Overview

Increasing high quality evidence on how to tackle medication non-adherence has been published, yet translation of that evidence into real-world clinical practice remains challenging.[1] While randomized controlled trials (RCTs) remain the gold standard for assessing the effectiveness of medication adherence interventions, they fall short in addressing whether and how these interventions can be implemented effectively in real-world settings. This disconnect contributes to a persistent gap in translating evidence-based interventions to improve medication adherence into routine clinical practice. Implementation science defined as “the scientific study of methods to promote the systematic uptake of research findings and other evidence-

based practices into routine practice, and, hence, to improve the quality and effectiveness of health services and care" and has gained traction as a valuable methodology to close this gap.

Unlike traditional RCTs, which focus primarily on internal validity and treatment effects under ideal conditions, implementation science emphasizes both effectiveness (how well an intervention works in real-world settings) and implementation outcomes (such as feasibility, fidelity, and acceptability). This dual focus is essential to understanding not only whether an intervention works, but also how, for whom, and under what conditions it can be successfully implemented and sustained. Specific implementation designs, such as hybrid effectiveness-implementation designs, have been developed. Those designs allow researchers to evaluate clinical outcomes and implementation processes simultaneously, thereby accelerating the translation of research into practice.

Instead of first ensuring an intervention works, followed by testing whether an intervention can be translated into the real world, the impact of an intervention introduced in real world settings and the implementation strategy can also be tested simultaneously. As a result, the time lag between development of an evidence-based intervention and routine uptake in the community can be reduced. This design assessing both treatment effectiveness and implementation outcomes, is called hybrid design. Blending effectiveness and implementation research in one trial will result in more rapid translational gains in clinical intervention uptake, more effective implementation strategies, and more useful information for researchers and decision makers.

In this year's Implementation Science Workshop, we will focus on Evaluating medication adherence interventions in real-world settings using designs that integrate both clinical effectiveness and implementation. With particular attention to hybrid effectiveness-implementation designs, the workshop will equip participants with insights essential for designing effectiveness-implementation research. The program is structured around real-world case examples, with interactive group work to support practical application of concepts. Participants will have ample opportunity for discussion, peer exchange, and direct engagement with faculty to deepen their understanding and refine their developed solutions.

Learning objectives

After the workshop, participants will be able to:

- Articulate the rationale for blending clinical effectiveness and implementation research approaches within the same study.
- Differentiate between various types of (hybrid) effectiveness-implementation designs and their appropriate application.
- Apply core principles in order to design an (hybrid) effectiveness-implementation study protocol.

Workshop structure & learning methods

Participants will break into small groups based on level of experience with implementation science and work on a practical case example. The group will determine which (hybrid) effectiveness-implementation design type is most suitable for the case As part of the group work, participants will develop a research protocol. The protocol will include a description of: (1) the intervention and implementation strategies along with an appraisal of their strength of evidence; (2) the developed research questions addressing both evaluation of effectiveness and implementation, (3) the type research design chosen to address those questions (including a justification for the selection); (4) the implementation outcomes to be assessed including proposed measurements. At the end of the workshop, each group will present and discuss their proposed study protocol in a brief presentation (maximum 10 slides) during a plenary session with all participants.

The workshop combines theoretical lectures with interactive plenary and group discussions and hands-on group work. This year we will focus more on small group exercise to actively engage participants in applying the implementation research methods in the design of a real-world case. Application will be achieved through practical case in small groups. Working collaboratively on practical examples, participants will design key elements of an effectiveness-implementation study. Faculty will provide close supervision and guidance throughout the group activities, ensuring a supportive learning environment. Ample time will be dedicated to discussion and exchange, allowing participants to deepen their understanding and receive feedback on their ideas.

Target Group

All researchers/clinicians/others interested in implementation science with or without previous experience/competence.

Maximum number of participants

20

Preparations for the workshop

Please read the following papers.

Recommended:

- Landes et al. Reprint of: an introduction to effectiveness-implementation hybrid designs. Psychiatry Res 283 (2020): 112630, https://doi.org/10.1016/j.psychres.2019.112630
- Wolfenden L, et al. Designing and undertaking randomised implementation trials: guide for researchers BMJ 2021; 372 :m3721 doi:10.1136/bmj.m3721

Optional:

- Proctor et al. Outcomes for implementation research: conceptual distinctions, measurement challenges, and research agenda. Adm Policy Ment Health 2011; 38(2):65-76, https://doi.org/10.1007/s10488-010-0319-7

Workshop fees

Full time students	Academic, healthcare providers, non-profit or public sector employees	Commercial sector employees
Early Registration: €200 (until 15 Oct) Late Registration: €300 (after 15 Oct)	Early Registration: €400 (until 15 Oct) Late Registration: €500 (after 15 Oct)	Early Registration: €800 (until 15 Oct) Late Registration: €900 (after 15 Oct)

Registration

https://www.espacomp.eu/annual-meetings/