

**Implementation Research Training Manual:**  
***Strengthening National Capacity for Evidence-to-Practice Translation***

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# Background



"The latest research shows that we really should do something with all this research."

# Research – Practice Gap : Old Story

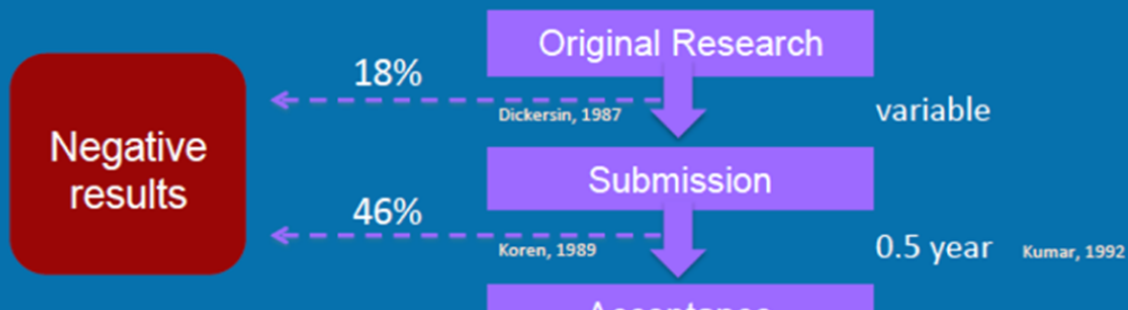
Vitamin C prevents scurvy !!

- Lemon juice was shown to prevent scurvy in 1601
- Included in sailors diets on ship in 1795

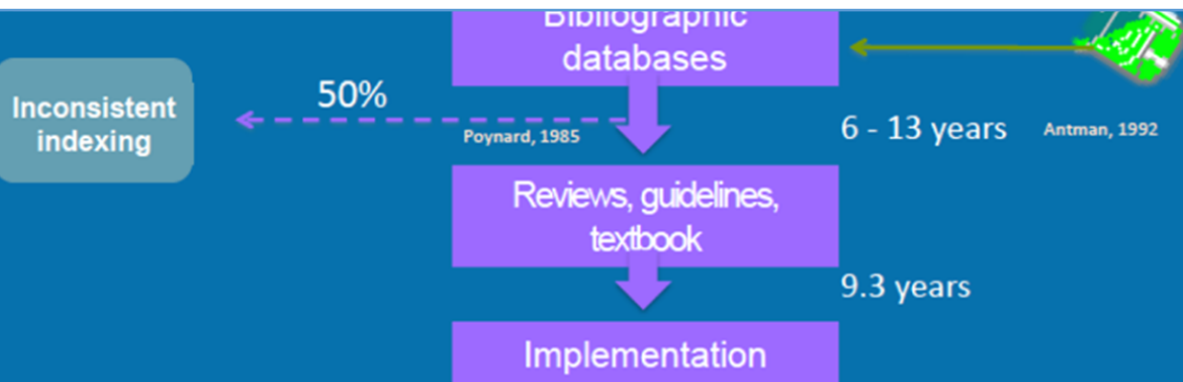
194 Years Research to Practice Gap



## "PUBLICATION PATHWAY" Balas & Boren, 2000



It takes 17 years to turn 14 percent of original research to the benefit of patient care



# Public Health Program Impact

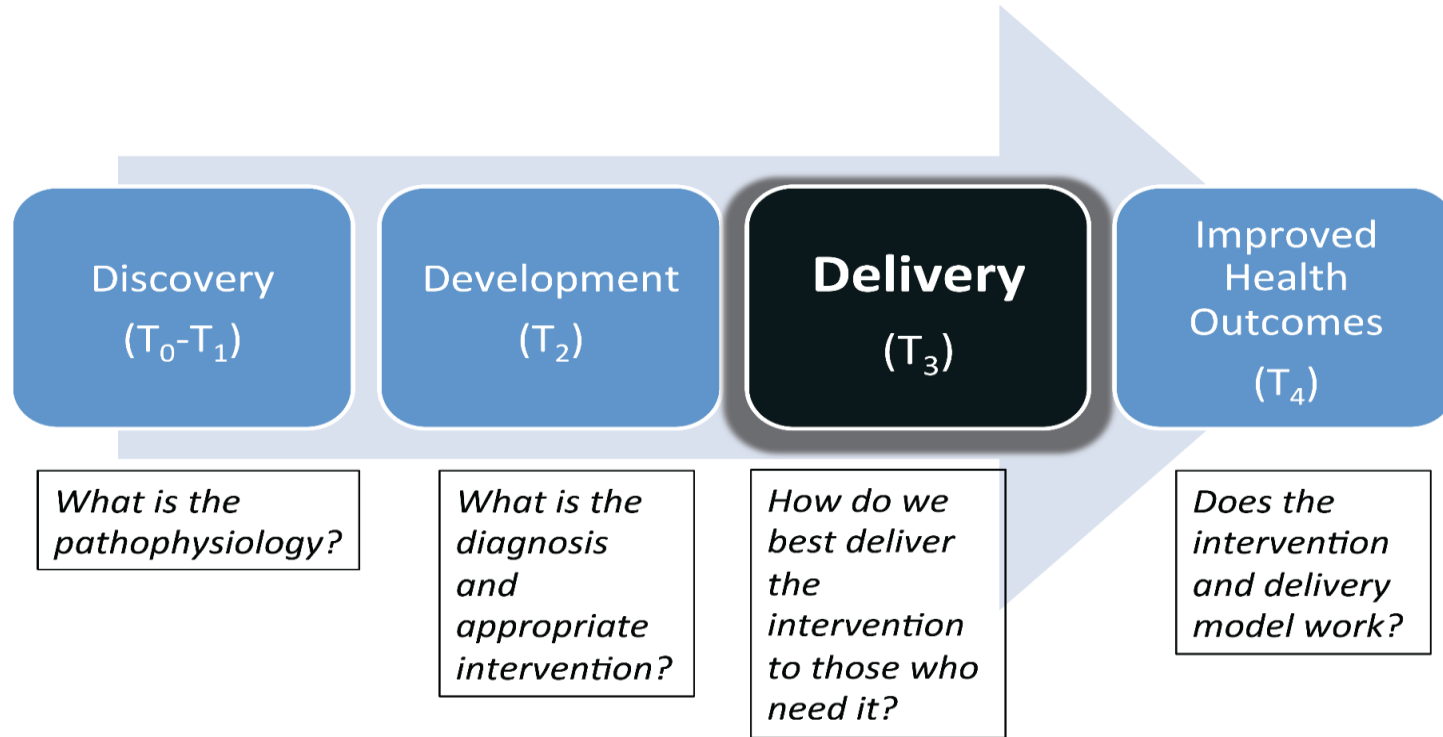
The ultimate impact of a public health program (intervention) depends on

- **Effectiveness** of that intervention (how well that intervention work)
- **Reach** of the population (who and how many get the intervention)

**Implementation science** is the scientific study of strategies that facilitate the uptake of evidence-based practice and research into regular use by practitioners and policymakers.



# Implementation Science



# Limited Capacity at national and international level

Many researchers, trainers, and public health professionals have limited formal training

This limits their ability to design

- context-sensitive interventions,
- select appropriate implementation strategies,
- and evaluate outcomes beyond clinical effectiveness.

Health systems are complex and influenced by multiple contextual factors—which affect implementation success.

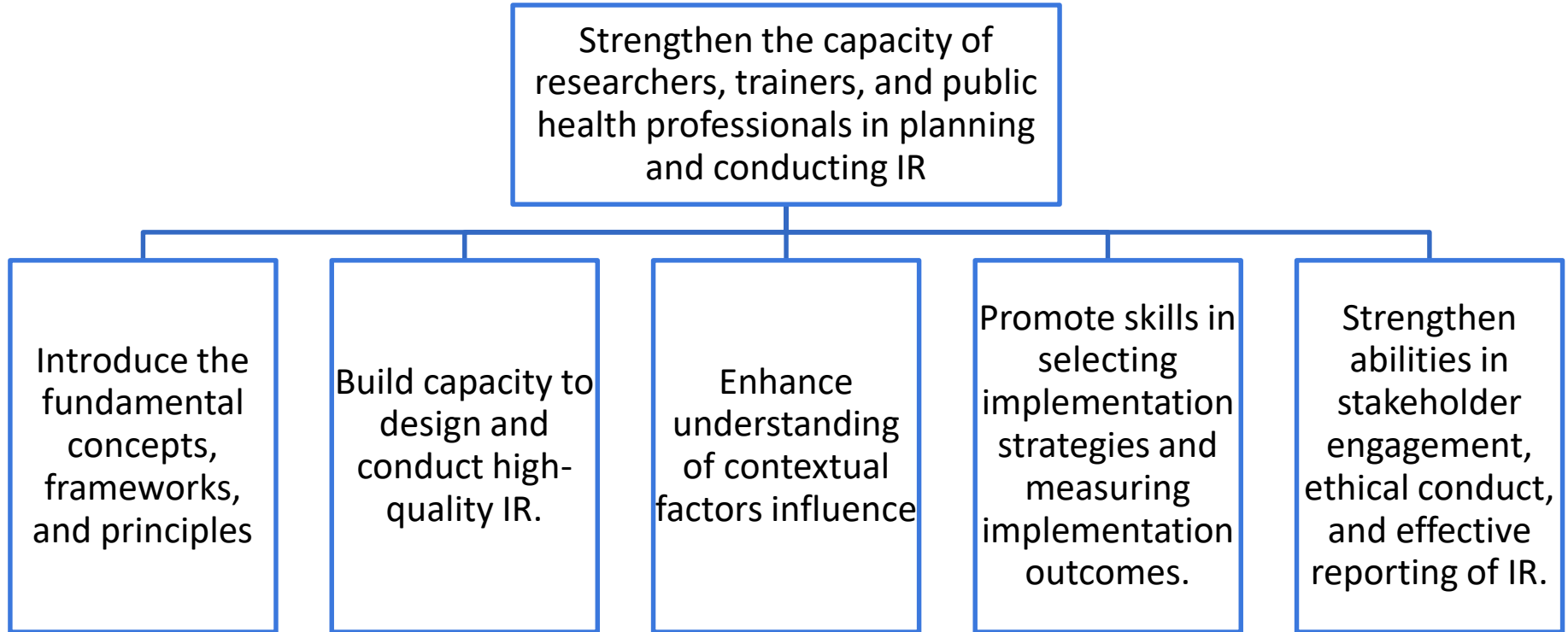
One step towards  
building Nepal's  
Implementation  
research capacity

**TRAINING MANUAL ON  
IMPLEMENTATION  
RESEARCH**

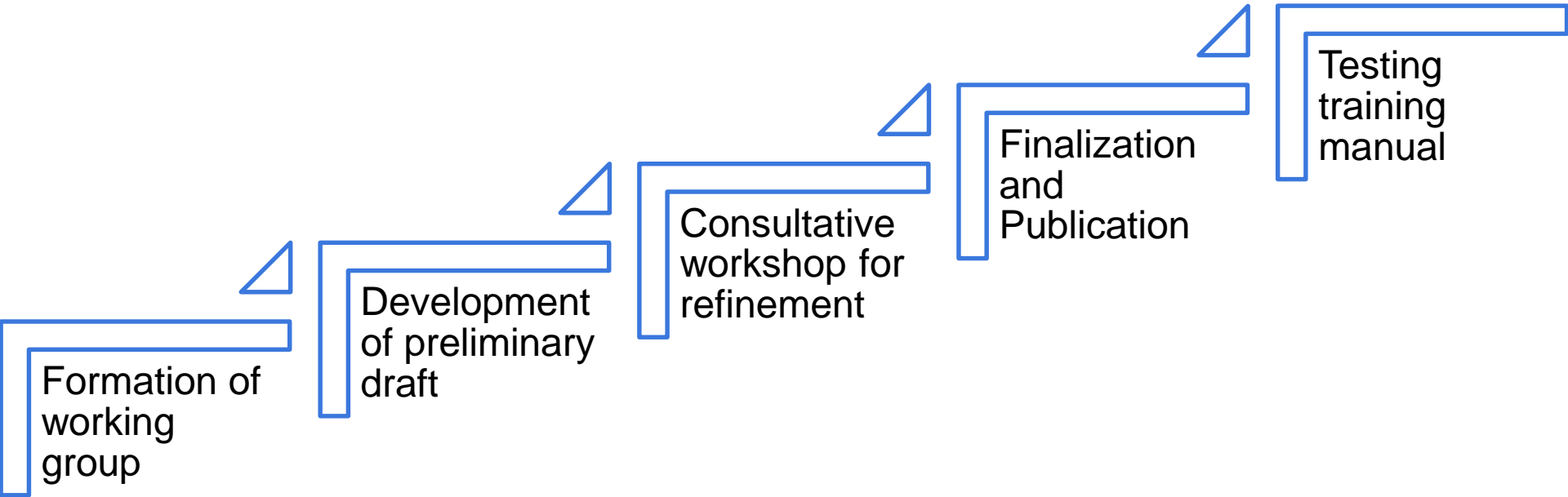
DECEMBER, 2025



# Goal and Objectives of the manual



# Manual development procedure



# Formation of working group

Establishment of a multidisciplinary working group comprising

- experienced researchers,
- academicians, and
- subject matter experts.

Ensure both technical rigor and practical relevance throughout the development process.



# Development of preliminary draft

Collaboratively developed the initial preliminary draft of the training manual, drawing upon

- Existing literature and global best practices
- Relevant national and international guidelines
- Field-based experiences and expert insights

Subsequent review, refinement, and validation through a structured consultative process.

# Consultative workshop for refinement

## Workshop 1

- Comprehensive review of the preliminary draft.
- Overall structure, thematic coverage, and technical content.
- Identified key gaps provided recommendations

## Workshop 2

- Emphasized improving clarity, contextual relevance, and user-friendliness.
- Feedback focused on refining the manual's practical applicability.

## Workshop 3

- Aligning the manual with case studies and group work.
- Further standardization and strengthening of the content.

## Workshop 4

- In-depth review and consensus-building process.
- Addressed all feedback received from earlier workshops and prepared the document for publication.

# Finalization and publication

Technical review and  
editorial refinement

Formatting and quality  
assurance

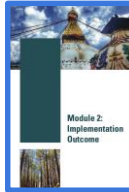
*The final training manual was successfully completed and published in  
December 2025.*

# Training manual content



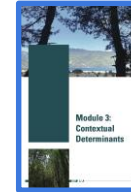
Module 1:  
Introduction to  
Implementation  
Research

Introduction to  
Implementation  
Research



Module 2:  
Implementation  
Outcome

Implementation outcomes



Module 3:  
Contextual  
Determinants

Contextual determinants



Module 4:  
Implementation  
Strategies

Implementation strategies



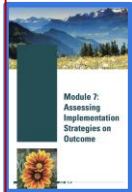
Module 5:  
Stakeholder  
Engagement

Stakeholder engagement



Module 6:  
Identifying  
Contextual  
Determinants in  
Implementation  
Research

Designing implementation  
research to identify  
contextual determinants



Module 7:  
Assessing  
Implementation  
Strategies on  
Outcome

Designing IR to assess the  
effect of implementation  
strategies on  
Implementation Outcomes



Module 8:  
Ethics in  
Implementation  
Research

Ethics in Implementation  
Research



Module 9:  
Reporting

Reporting

# Testing training manual

A six-day intensive training workshop

113 MPH students across Nepal.

Learner-centered, experiential pedagogical approach

Short didactic lectures with facilitator-led group work.

Progressed from understanding foundational concepts—to application



# Structured Group Discussion

**Seven facilitators** facilitated each group to guide group activities

Each group developed two complementary implementation research proposals:

- one focused on identifying contextual determinants and
- another on testing implementation strategies,
- using cervical cancer prevention and control as a unifying case study.



# Participants knowledge change

	<b>Pre-training score, Mean (SD)</b>	<b>Post-training Score, Mean (SD)</b>	<b>Mean difference (95%CI)</b>	<b>P-value*</b>
Knowledge score	16.48 (3.36)	19.69 (1.42)	3.20 (2.54-3.86)	<0.001

*Pretest: 30 MCQ; Post test: 90 MCQ – 10 MCQs after each session  
Participants were required to score 80% to pass the course  
\*Paired t-test*



# Manual Evaluation by participants

- **Positive**
  - a high level of satisfaction with the workshop's relevance, structure, and facilitation.
  - Most participants agreed that the objectives were clear and relevant to their research needs
- **Things to improve**
  - Some participants mentioned an intensive schedule and content overload
  - Variability in venue condition and
  - Limited internet access disrupted the group discussion sessions



# Next Steps

- Announcement of IR fellowship for public health faculty and practitioners (applied in pairs), comprising a 1.5-year program that includes
  - structured implementation research training,
  - a pilot research grant,
  - mentoring by experienced implementation researchers,
  - and a requirement to mentor a Master 's-level student thesis grant
- Master's-level student research grants focusing trainees (5 grants worth 700\$ each)

# Writing team

**Editors:** Prof. Dr. Archana Shrestha, Dr. Meghnath Dhimal, Prof. Dr. Ruth Müller, Dr. Pramod Joshi

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# Consultative workshop participants

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Dr. Prawal Pakyurel

Dr. Rajendra BC

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Mr. Bishal Dahal Khatri

Ms. Namita Ghimire

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Assoc. Prof. Dr. Megha

Raj Banjara

Dr. Meghnath Dhimal

Prof. Dr. Ruth Müller

Prof. Dr. Archana

Shrestha

Dr. Pramod Joshi

**Thank you**



*Still a long way to go..*