

# Advancing the Science on the Prevention and Treatment of HIV and STIs Among Adolescents and Young Adults

*Application of Translational Research*

**UAB CFAR Behavioral and Community Sciences Core  
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**Presented by  
Jamie L. Keith, MS**  
*(334)220-7403 \*jlkeith7607@gmail.com*

*Portions of this powerpoint adapted with permission  
from a presentation created by  
Matthew Chinman, PhD, RAND Corporation*

# Definition of Translational Research

“ . . . A systematic effort to convert basic research knowledge into practical applications to enhance human health and well being.”

(E. Wethington, Cornell University)

<http://evidencebasedliving.human.cornell.edu/2010/08/18/what-is-translational-research/>

# Definition of Implementation Science

“...The scientific study of methods to promote the systematic uptake of research findings and other evidence-based practices into routine practice...”

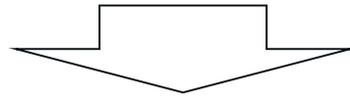
(Eccles & Mittman, 2006)



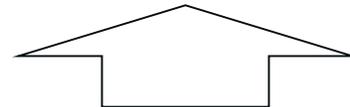
- A 10 step process for planning, implementing and evaluating strategies in order to achieve success
- Written guides/templates to increase community members' knowledge, skills and performance in completing GTO process

*GTO Co-Creators - Matthew Chinman, PhD, RAND Corporation and Abe Wandersman, PhD, University of South Carolina*

**GTO is a model**  
that poses ten steps that must be  
addressed in order to obtain  
positive results



***AND***



**GTO is an implementation support**  
provides practitioners with the guidance  
necessary to complete those steps with  
quality

# GTO equips communities to identify, implement, and evaluate programs that meet their unique needs and leverage their strengths

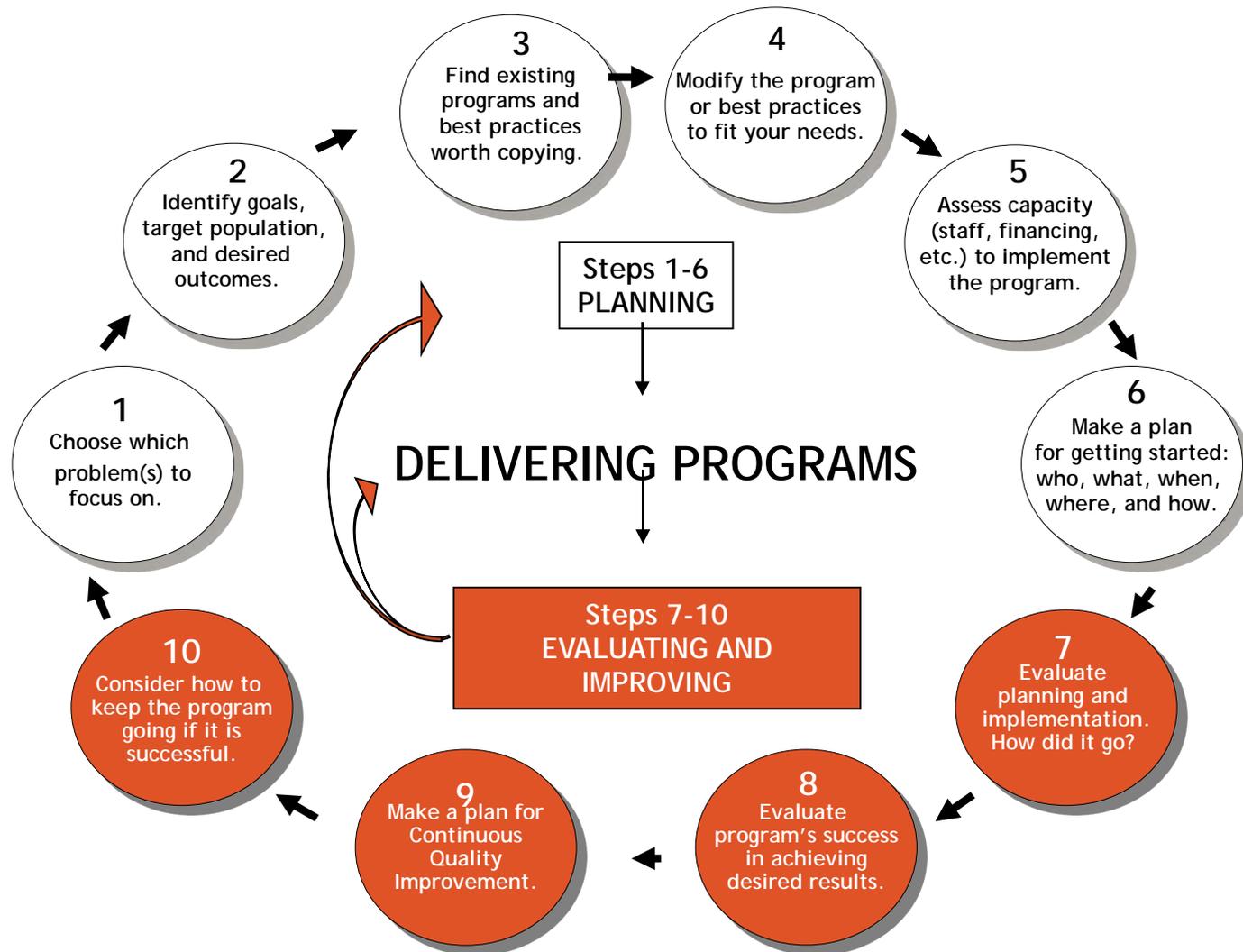


## GTO STEPS 1–6

## GTO STEPS 7–10

- |                                     |   |                         |               |   |             |                  |                   |                 |                              |
|-------------------------------------|---|-------------------------|---------------|---|-------------|------------------|-------------------|-----------------|------------------------------|
| 1                                   | 2   | 3                       | 4             | 5   | 6           | 7                | 8                 | 9               | 10                           |
| Choose priorities for the community | Identify goals, population of focus, outcomes | Identify best practices | Modify to fit | Assess capacity and motivation to implement the program | Make a plan | Monitor delivery | Evaluate outcomes | Improve quality | Sustain effective strategies |

# GTO model supports high quality program implementation in many domains



# GTO widely disseminated



# Enhancing Quality of Interventions Promoting Healthy Sexuality (EQUIPS)

- Hybrid, Type II, Randomized Controlled Trial



VS.



- Implement MPC twice over 2 years
- Compare GTO and MPC only sites:
  - Program performance of Club sites on key programming tasks specified by GTO (e.g., goal setting, planning) (interview)
  - Fidelity to MPC (observation)
  - Youth outcomes at Baseline, Post, 6 months (survey)

# GTO Step 1 – Choose priorities for community strategies

- What are the underlying needs or problems to be addressed in the community?
  - Helps to narrow down the focus of the strategy
- What resources are available to address the identified need or problem to be addressed?
  - Helps to identify partners and avoid duplication of efforts



# GTO Step 2 – Goals, Audiences, Desired Outcomes



- What are the goals we want to achieve?
  - Helps to define impact of strategy
- Who is the audience we need to reach?
  - Population of focus is defined as the focus of the strategy
- What are the desired outcomes of our plan?
  - Specific statements that relate to knowledge, attitudes, skills, behavior/policy
    - SMART – specific, measurable, achievable, realistic and time-bound

# GTO Step 3 – Best Practices



- Which evidence-based/informed strategy can help you reach your goals?
  - Search for multiple options
  - Focus on evidence
- Will the evidence-based/informed strategy help you reach your desired outcomes?
  - Multiple options give opportunity to review demonstrated outcomes and consider the appropriateness of the strategy for your setting

**IMPORTANT NOTE: The needs (GTO Step 1) and goals/outcomes (GTO Step 2) inform this Best Practices (GTO Step 3).**

# GTO Step 4 - Fit

- What actions should be taken to ensure the selected strategy fits the community setting?
  - Increases chances it will be accepted and good for population of focus
  - Can help decide among multiple options available to meet identified need



# GTO Step 5 – Readiness to Implement Strategy

- Can the strategy identified in GTO Step 3 be carried out effectively with the capacities and motivation of your community and your partners?
  - Low motivation can contribute to the feeling of “just another program”
  - Low capacity, or resources, can cause added burden and lead to poor implementation

Readiness = Motivation x Innovation-Specific Capacity x General Capacity

$$R = M \times C^2$$

# GTO Step 6 – Strategy and Evaluation Work Plan

- Helps you create a detailed work plan for each strategy selected at end of GTO Steps 4 and 5
  - Plan includes activities to deliver the selected strategy
  - Plan includes activities to evaluate the selected strategy (both process and outcome evaluations)
  - Plan includes consideration of resources needed to deliver the strategy



# GTO Step 7 – Process Evaluation

- How do we know the strategy is being implemented as planned?
  - Guidance on how to define and interpret data on process of delivering the strategy
  - Provides information about how well the strategy was delivered



# GTO Step 8 – Outcome Evaluation

- How do we know the impact of the strategy on the population of focus?
  - Purpose of Outcome Evaluation is to understand whether you have met the desired outcomes established in GTO Step 2 for each strategy
  - Outcome evaluation results can help you demonstrate the effectiveness of your strategy



Make  
**BIG**  
Changes  
in  
**SMALL**  
Steps

# GTO Step 9 – Continuous Quality Improvement (CQI)

- How do we use process and outcome evaluation data to make strategy improvements?
  - Purpose of CQI is to identify what worked well when delivering the strategy, where you might make improvements and what changes might be needed to achieve the improvements
  - CQI will walk you back through steps 1-8 as you summarize the process and outcome data



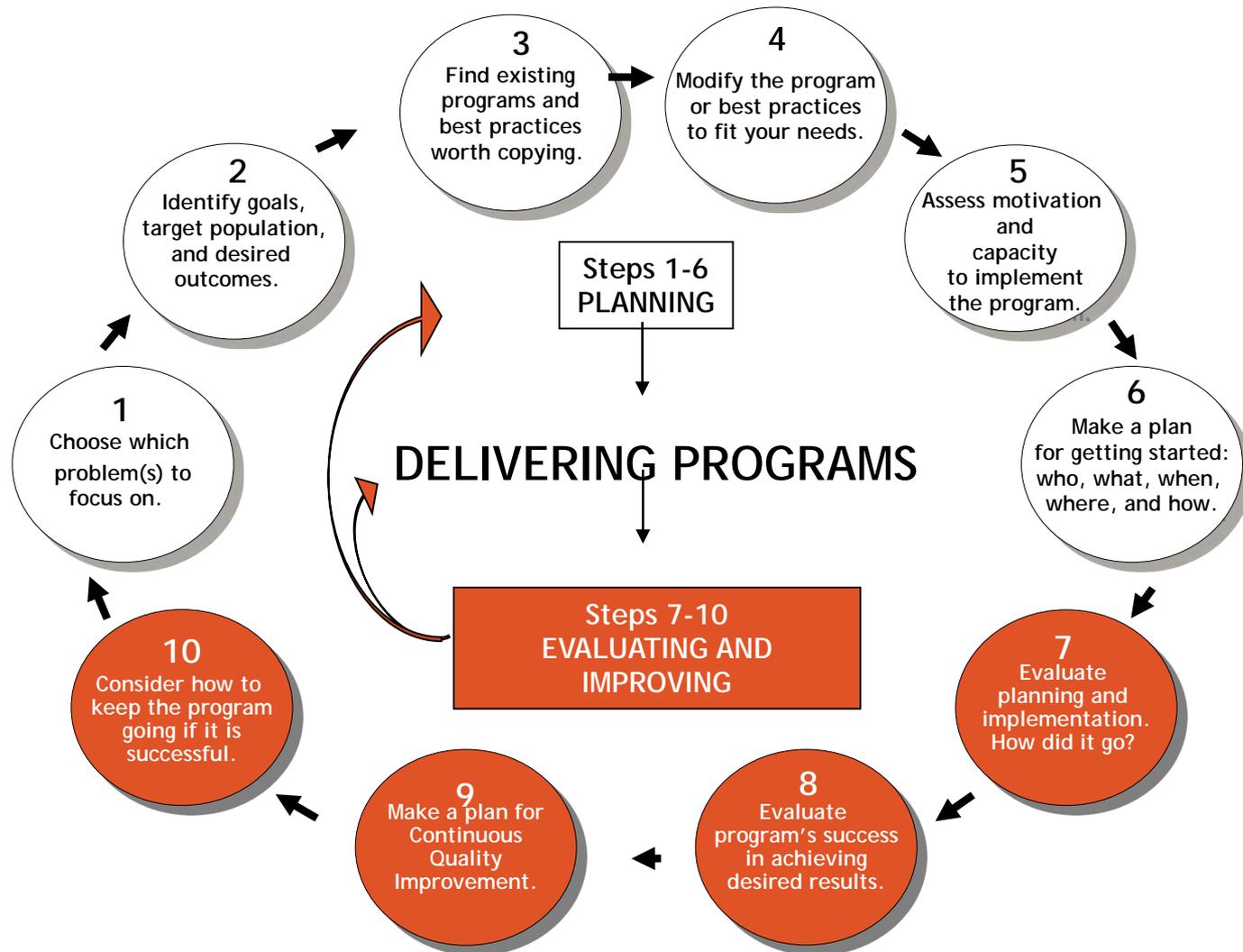
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# GTO Step 10 – Sustainability

- Should we continue to deliver the strategy?
  - Purpose of sustainability is to use guided questions when making decisions about whether your community should continue to implement the strategy



# GTO model supports high quality program implementation in many domains



# GTO Activity

- Plan a *vacation* using GTO

- Needs – GTO Step 1
- Goals – GTO Step 2
- Best Practices – GTO Step 3
- Fit – GTO Step 4
- Motivation/Capacity – GTO Step 5
- Plan – GTO Step 6
- Process Evaluation – GTO Step 7
- Outcome Evaluation – GTO Step 8
- CQI – GTO Step 9
- Sustainability – GTO Step 10



# Practice makes progress

- Everyone has been assigned to a small group
- During lunch, please work with your small group members to explore Getting to Outcomes
- Members of your small group have the following tasks:
  - Student recorder has been assigned to your group
  - Facilitator for group discussion has been assigned to your group
  - Designate one group member to be your reporter to the larger group for discussion following lunch/small group work
  - All group members participate through discussion addressing the accountability questions for the GTO steps assigned to your group
- Large group discussion following practice of each GTO Step

# GTO Accountability Questions

**GTO STEP 1.** What are the needs and conditions you are trying to address about prevention and treatment of HIV and STIs among adolescents and young adults? What data sets will we use to gather information? Is there data that is missing; how will you gather that information?

**GTO STEP 2.** What are the goals, the population of focus, and changes you want to see occur as a result of a program addressing the prevention and treatment of HIV and STIs among adolescents and young adults? How do you determine the answers to these questions?

**GTO STEP 3.** What evidence-based/informed programs/practices might be used to reach your goals? Where will you look for these evidence-based/informed programs/practices?

**GTO STEP 4.** How do these programs/practices fit with community setting and the population of focus? What will you do if you find the programs/practices identified in step 3 don't fit?

**GTO STEP 5.** Is your group motivated to implement the programs/practices identified in step 3? What affects motivation? What are the capacities (general and specific) your group needs to implement the programs/practices well?

# GTO Questions (continued)

**GTO Step 6.** What is the plan for the program/practice? What are the elements you need to include to develop a comprehensive plan for implementation?

**GTO Step 7.** How will you know that the program/practice is being done with quality? What are the questions related to process you need to have answered following the implementation?

**GTO Step 8.** How will you know that the program/practice is working to achieve outcomes? What are the questions related to outcomes you need to have answered following the implementation?

**GTO Step 9.** What Continuous Quality Improvement (CQI) strategies can be done to improve programs/practice over time?

**GTO Step 10.** What successful programs/practices should be sustained?

# Resources

- **RAND Health**
  - <https://www.rand.org/health-care/projects/getting-to-outcomes.html>
- **Enhancing Quality Interventions Promoting Healthy Sexuality (EQUIPS): A Novel Application of Translational Research Methods**
  - <https://ascpt.onlinelibrary.wiley.com/doi/full/10.1111/cts.12031>
- **Getting to Outcomes Guide for Teen Pregnancy Prevention**
  - <https://www.rand.org/pubs/tools/TL199.html>