

## Week 4

### Translation Science Theories and Models

Select one of the four translation science theories or models introduced in this week's lesson. These include Diffusion of Innovation, Knowledge-to-Action, i-PARIHS, and *Normalization Process Theory*.

Determine one sustainability strategy found in your selected translation science theory or model. Describe how the specific sustainability strategy you selected supports sustainability of the evidence-based intervention beyond the implementation phase of a practice change project.

The Normalization Process Theory (NPT) is a framework in nursing that helps understand and evaluate the implementation, embedding, and integration of complex interventions or practices in healthcare services. (May et al., 2018). It focuses on individuals and teamwork to make a new intervention part of their everyday routine. The ability to apply the concept of implementation quality (IQ) for translation science can assist in determining any discrepancies between interventions. (Norris et al., 2019).

A sustainability strategy found in NPT would be to ensure the interventions or practices related to obesity management become an ongoing and integral part of healthcare practice even after the initial implementation phase (May et al., 2018). To support the sustainability strategy, it is important to assess stakeholders' such as healthcare providers' and organizations' readiness and engagement. Providing training and education to stakeholders as well as to patients on a healthier diet, and more physical activity, and providing resources in their own community can enhance their understanding and commitment to the intervention, making it more likely to be sustained over time. Addressing barriers to sustainability is also important and includes issues such as resource allocation, organizational culture, and institutional support. Identifying and addressing these barriers can help to create an environment that supports the continued use of the intervention. Regular monitoring and evaluation play a significant role in sustaining the intervention by constantly assessing its effectiveness and identifying areas for improvement, ensuring that the intervention remains relevant and impactful in the long term. By doing these sustainability strategies the chances of enhancing the evidence-based intervention for obesity being sustained and making a lasting positive impact. (Mishuris et al, 2019).

### References

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