

## RE-AIM: Successes and Challenges

### REACH

*Definition: The absolute number, proportion, and representativeness of individuals who are willing to participate in a given initiative, intervention, or program*

*What were issues leading to challenges or successes in meeting your reach goals in terms of numbers as well as representation of enrolled participants??*

Program	Challenge 1	Challenge 2	Success 1	Success 2
<b>Bexar County: CDSMP &amp; AMOB</b>	The length of the classes (2.5 hours) makes recruiting sites harder, and retaining participants more a challenge than typical 1 to 1.5 hour classes.	Recruiting leaders has been a challenge partly due to the 4-day training – organizations interested in offering the classes to their clients have a hard time releasing two staff persons for that length of time.	We have held 21 workshops and trained 244 participants in Bexar County. The Alamo AAA, our partner agency, has trained 51 participants in the surrounding rural counties.	We have held three leader trainings resulting 14 leaders offering workshops. Most of the leaders are paid staff from community agencies/org. with client/participant networks.
<b>Brazos Valley: CDSMP &amp; AMOB</b>	One of the challenges we face are program attrition in some of the sessions. Sometimes participants are ill or have appointments to see their physicians. Sometimes, they do not attend because they have other interests that are a higher priority or they genuinely forget.	In AMOB, the first session also serves to explain the program and its components. Sometimes, participants drop out after the first session because they realize they are simply not interested in what the program has to offer or they feel they do not need the benefits of the program.	We are now working with the Deaf in one of our programs.	We are now teaming up with different organizations they will increase the diversity of our participants. Organizations include: Home Health Care Agencies, the Health Department, and local churches.
<b>Healthy Ideas</b>	It has been challenging to meet “reach” goals primarily because we have had some difficulty hiring qualified instructors to meet the needs of opening classes at new sites.	At some sites, consistently drawing the number of participants we hope to draw has been challenging.	Through internship and recruiting efforts, we have been able to bring in some new instructors recently that have allowed us to open new EnhanceFitness classes.	Promoting our program at conferences has allowed us to spread the word about our program and we have received interest from site managers regarding bringing our program to their sites.

## EFFECTIVENESS

*Definition: The impact of an intervention on important outcomes, including potential negative effects, quality of life, and economic outcomes.*

*What were issues leading to challenges or successes in achieving desired outcomes?*

Program	Challenge 1	Challenge 2	Success 1	Success 2
<b>Bexar County: CDSMP &amp; AMOB</b>	Evaluators identified challenges in the timely entering of data to ensure accurate reporting.	Ensuring we obtain an adequate sample of participants to assess desired outcomes at (6) six-months.	Evaluators train all leaders on our data collection process, which has resulted in reliable data. They also report monthly on target outcome data, which assists in program planning.	The completed six-month workshops have resulted in participants voicing a very positive endorsement of program objectives.
<b>Brazos Valley: CDSMP &amp; AMOB</b>	Once the class ends, we have no control on whether or not they continue with their positive behavior changes.	With some of our participants, other health issues lead them to be less mobile and therefore limit their implementation of AMOB exercises.	Participants show an increase in their activity levels.	By the end of a program, participants are more conscious of their surrounding and situations.
<b>Harris County: Enhance Fitness</b>	In order for intervention outcomes to be reliable, it is important for participants to participate fully in the program (i.e., attendance, full participation, proper form, etc.). It can be challenging to ensure that participants adhere to this during the intervention.	It is challenging to ensure that all instructors properly administer evaluative measurements in an identical fashion so that tests are conducted consistently from site to site.	Based on early data, it appears that our participants have very similar data outcomes to published EnhanceFitness data. This is a success, as it suggests that classes and measurements are conducted properly and consistently.	

## ADOPTION

*Definition: The absolute number, proportion, and representativeness of settings and intervention agents (people who deliver the program) who are willing to initiate a program.*

*What were issues leading to challenges or successes in developing partnerships and recruiting host and delivery sites?*

Program	Challenge 1	Challenge 2	Success 1	Success 2
<b>Bexar County: CDSMP &amp; AMOB</b>	Due to busy calendars, the length of the classes (2.5 hours a week for 7 weeks) makes recruiting sites harder.		WellMed Charitable Foundation is sponsoring the CDSMP Master Training in November.	
<b>Brazos Valley: CDSMP &amp; AMOB</b>	There is difficulty in getting certain organizations to take time out of their busy schedules to discuss sponsoring a program. Often the people making the decisions are not the ones working with potential participants.	It is difficult to get organizations/community partners to take a vested interest in making the program their own.	The organizations that have taken an interested have provided us with opportunities to offer more than one class.	Working with BVCOG can make networking more successful because the BVCOG has many community ties.
<b>Harris County: Enhance Fitness</b>	In attempting to disseminate our EnhanceFitness classes, we have encountered many sites that are hesitant to adopt the program because they are unwilling to change the activities they may already hold.	Many potential host sites and partners already have exercise classes for seniors and are disinterested in changing the program/adopting an EnhanceFitness program.	Persistence and an explanation of the benefits of exercise, in addition to speaking directly to the seniors have been ways to convince site managers that an exercise class is a valuable addition to their activity list.	An explanation of EnhanceFitness' status as an "evidence-based" program has helped to convince a site manager that they should adopt EnhanceFitness in lieu of their current exercise class.

## IMPLEMENTATION

*Definition: At the setting level, implementation refers to the intervention agents' fidelity to the various elements of an intervention's protocol, including consistency of delivery as intended and the time and cost of the intervention. At the individual level, implementation refers to clients' use of the intervention strategies.*

*What were issues leading to challenges or successes or implementing the program with fidelity?*

Program	Challenge 1	Challenge 2	Success 1	Success 2
<b>Bexar County: CDSMP &amp; AMOB</b>	Requests by organizations and participants to reduce the length of the classes (to 1.5 hrs) and the leader training.		Our evaluators have done a great job of ensuring fidelity by training the leaders, and tracking/collecting the data after each session.	
<b>Brazos Valley: CDSMP &amp; AMOB</b>	In one of our classes with the Parkinson's support group, the activities take up more time than in a "normal" class setting. This makes it difficult to follow the exact guideline.	Because of the many optional activities in AMOB, sometimes it is hard to measure fidelity because there is not a clear cut script of activities or discussion topics that coaches can lead.	Leaders who take the time to study the manual before each class session find it useful when preparing their sessions.	We have more master-trainers and they understand the importance of program fidelity. In addition, often time Master Trainers are the ones actually teaching the class sessions; their extensive training makes fidelity easier to handle and implement.
<b>Harris County: Enhance Fitness</b>	Making certain that all instructors consistently lead classes according to EnhanceFitness protocols in each and every class (3 days/week) is challenging.	Making certain that the program is delivered 3 days/week consistently is challenging, as instructor attrition can complicate program delivery.	Comprehensive instructor training that is specific to EnhanceFitness helps to ensure that classes are led according to EnhanceFitness protocols. In addition, periodic site visits allow for an outsider's input and perspective as to the manner in which the classes are conducted.	We have been fortunate in maintaining most of our instructors, thus giving us an experienced group. The EnhanceFitness program allows for some creativity that fits into established protocols, and our instructors have successfully been able to deliver the program accurately.

## MAINTENANCE

*Definition: The extent to which a program or policy becomes institutionalized or part of the routine organizational practices and policies. Within the RE-AIM framework, maintenance also applies at the individual level. At the individual level, maintenance has been defined as the long-term effects of a program on outcomes after 6 or more months after the most recent intervention contact.*

*What were issues leading to challenges or successes or in maintaining gains at the individual level and sustaining program capacity?*

Program	Challenge 1	Challenge 2	Success 1	Success 2
<b>Bexar County: CDSMP &amp; AMOB</b>			Individual: Qualitative evidence collected during the (6) six-month reunions demonstrate ability by participants to maintain action plans, as well as become much more proactive when communicating with their provider on questions related to treatment and medication.	Organizational: We are developing partnerships with healthcare systems and community agencies serving clients in our target population. We are training staff from these agencies to deliver the intervention and adopt it into their regular programs.
<b>Brazos Valley: CDSMP &amp; AMOB</b>	At the state level the 3-year grant will run its course this year. We have yet to identify ways to make the project self-sustaining.	The number of master trainers developed are a resource we hope to continue using after the grant funds run out. We need to find resources to replace grant funds so we can continue reimbursing them.	With DADS funding, the Texas Falls Prevention Coalition has expanded evidence-based practices to most of the state.	DADS identified funds to restore the \$50,000 reduction imposed by AoA for grant year three.
<b>Harris County: Enhance Fitness</b>	EnhanceFitness classes can be a bit repetitive in nature; thus, it can be challenging to keep participants interested in the class after a while. Instructor creativity, while still maintaining fidelity to EnhanceFitness, can be a challenging balance.	Some centers are accustomed to short-term programs and it can be challenging to discuss long-term sustainability ideas with them.	The EnhanceFitness program lends itself well to becoming an institutionalized activity within senior sites, as it is held so frequently. We have observed this at our host sites.	Encouragement and reminders to our senior participants regarding the benefits of regular physical activity helps to keep them motivated and interested in the class.
<b>State/DADS</b>	At the state level the 3-year grant will run its course this year. We have yet to identify ways to make the project self-sustaining.	The number of master trainers developed are a resource we hope to continue using after the grant funds run out. We need to find resources to replace grant funds so we can continue reimbursing them.	With DADS funding, the Texas Falls Prevention Coalition has expanded evidence-based practices to most of the state.	DADS identified funds to restore the \$50,000 reduction imposed by AoA for grant year three.