

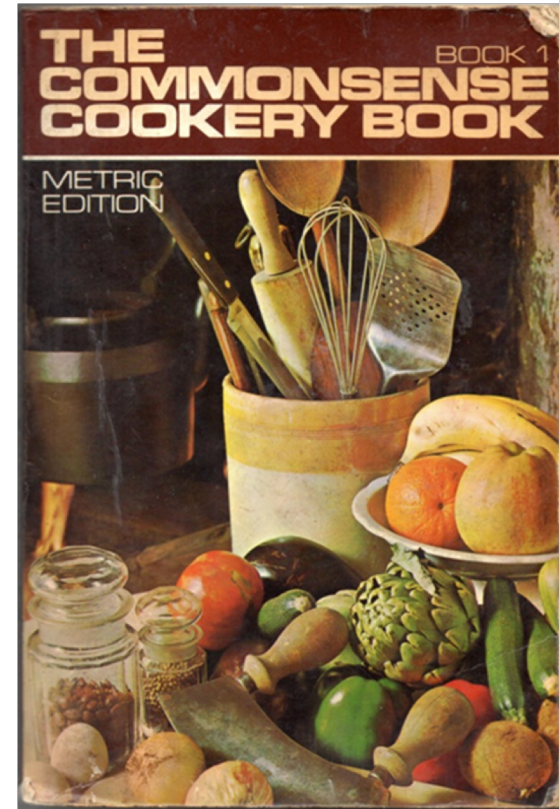


“The answer is 17 years, what is the question: understanding time lags in translational research” Morris et al 2011

# “Off the shelf” versus embedded, adapted programs



**Spread:** Taking a new intervention and replicating it at other sites



**Scale-up:** Overcoming the system/infrastructure issues that arise during implementation and spread of changes for results at the system level

8. Add remainder of cake mixture, spreading with knife dipped in hot water if necessary.
9. Bake in a moderate oven, 180°–190° C, for 20 to 30 minutes.
10. When cool, cover with warm icing flavoured with lemon juice.
11. Sprinkle with cinnamon.

### BASIC PLAIN CAKE

#### INGREDIENTS

$\frac{1}{2}$ cup margarine or butter	2 eggs
$\frac{3}{4}$ cup sugar	2 cups self-raising flour
4 drops vanilla essence	$\frac{1}{2}$ cup milk

#### METHOD

1. Grease and lightly flour desired pan (see step 5 below).
2. Cream margarine, sugar, and vanilla.
3. Beat eggs and add gradually, beating well after each addition. If using an electric mixer use unbeaten eggs, one at a time, and mix each one in on speed 8.
4. Add sifted flour alternately with the milk, beginning and ending with flour. Beat 1 minute on speed 4 of electric mixer, or 30 strokes with a wooden spoon.
5. Spread in prepared pan. This quantity fills:
  - a. two 18 cm shallow cake pans
  - b. one 25 × 15 × 6 cm loaf cake pan
  - c. two 25 × 9 × 5 cm bar cake pan
  - d. one 18 × 7 cm deep cake pan
  - e. one 28 × 18 × 4 cm slab cake pan
  - f. one 20 × 7 cm ring pan
6. Cook on centre shelf in a moderate oven, 180°–190° C, (a), (c) and (e) 30 to 35 minutes; (b), (d) and (f) 40 to 45 minutes.
7. Test if cooked by inserting a clean thin skewer lightly into the centre of the cake. If it comes out free from mixture, the cake is cooked.
8. Stand pan on cake cooler 5 to 10 minutes before turning cake out. Cool.
9. Finish as desired.

#### Variations

CHOCOLATE CAKE	Add $\frac{1}{4}$ teaspoon bicarbonate of soda and 4 level tablespoons cocoa to the flour. Increase milk by one tablespoon.
ORANGE CAKE	Add 2 teaspoons grated orange rind to sifted flour. Decrease milk by 3 tablespoons. Add 3 tablespoons orange juice separately from the milk.
COCONUT CAKE	Add $\frac{1}{2}$ cup desiccated coconut before the flour and milk.
APPLE CAKE	Use a ring cake pan. Top batter with very thin slices of peeled apples. Sprinkle with 2 teaspoons sugar and $\frac{1}{2}$ teaspoon cinnamon mixed together.
PATTY CAKES	Spoon into 24 greased patty pans.
SPICE CAKE	Add 1 teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{2}$ teaspoon nutmeg to flour. Decrease sugar to 1 cup and add $\frac{1}{2}$ cup brown sugar.
MARBLE CAKE	Divide batter into three in separate bowls. Leave one plain. Add red food colour to another. Add 2 tablespoons cocoa, $\frac{1}{2}$ teaspoon bicarbonate of soda and 1 tablespoon milk to the third. Drop in alternate colours into the prepared pan until all batter is used. Draw a thick skewer or thin bladed knife in circles through the batter to streak the colours.
CHERRY CAKE	Add 1 cup drained cherries cut into large pieces before adding flour. Almond essence may be used instead of vanilla.
SEED CAKE	Add 1 tablespoon caraway seeds before the flour.

### CHEESE CAKES

#### INGREDIENTS

- 1 quantity shortcrust pastry (see p. 133)
- Jam
- 1 quantity plain cake mixture (see opposite)

# Basic 'plain' .....

- Ingredients
  - Quality: brand-name or generic brand
  - Sustainability: shipped in or locally sourced
- Equipment
  - Prescriptive or differences allowed
- Method
  - Chemistry
  - More than sum of parts

# Variations

- Incorporate local programs and interventions
- Use local materials, practices and policies
- Respond to/incorporate local concerns
- Work within local community, professional and service system requirements and capacities
- Both program and context variation





Kemp L (2016) Adaptation and fidelity: a recipe analogy for achieving both in population scale implementation.  
Prevention Science 17(4), 429-438

### Basic Plain MECSH 'Cake'

#### INGREDIENTS

- Sustained structured nurse home visiting (minimum 25 visits to schedule antenatal to child age 2)
- Supporting mother and child health and wellbeing
- Supporting mothers to be future oriented and aspirational
- Child development parent education program (comprehensive and structured)
- Supporting family and social relationships
- Embedded in universal primary, secondary and tertiary child and family health service (including social care practitioner in program team)

#### METHOD

- Home visiting: scheduled timing and quantity
- Child development parent education: structure program
- Group activities
- Other services and supports: in-reach (resources drawn into the program to support families and practitioners) and out-reach (referral)

#### EQUIPMENT

- Practitioner and service capacity to identify and respond to families with remediable risk in the population – where and when needed
- Skilled and supported nursing workforce
- Partnership between the nurse and the family
- Effective management and leadership
- Access to resources to support families and practitioners
- Tiered, ecological and multidisciplinary approach to support family, practitioner and service capacity building
- Proportionate universal approach with service for vulnerable families embedded within the broader universal service system
- Data tools and system for fidelity and quality monitoring

### Variations

#### PROGRAM FOR ABORIGINAL INFANTS (NSW: 1 site)

- Incorporate Supporting Families Early (universal healthy child program)
- Incorporate Aboriginal Maternal and Infant Health Strategy
- Integrate with Aboriginal child and family services
- Add Aboriginal Health Education Officers
- Add 'Lift the Lip' oral health program
- Modify local Failure to Attend policy

#### PROGRAM FOR NON-ABORIGINAL INFANTS (NSW: 1 site)

- Incorporate Supporting Families Early (universal healthy child program)
- Add 'Lift the Lip' oral health program
- Modify local Failure to Attend policy

#### MECSH Seoul (South Korea: 8 sites)

- Establish universal child and family health nursing program
- Add Purple Crying
- Add NCAST Parent Child Interaction (PCI) Feeding and Teaching Scales

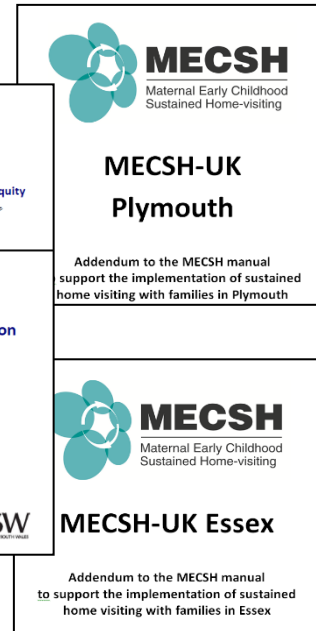
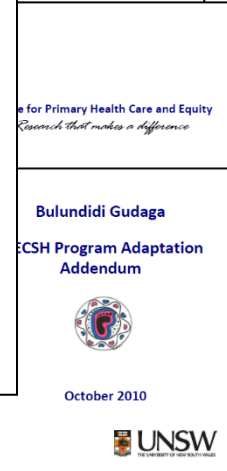
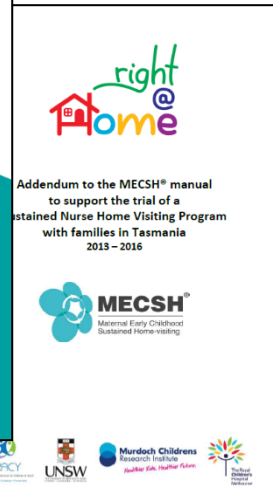
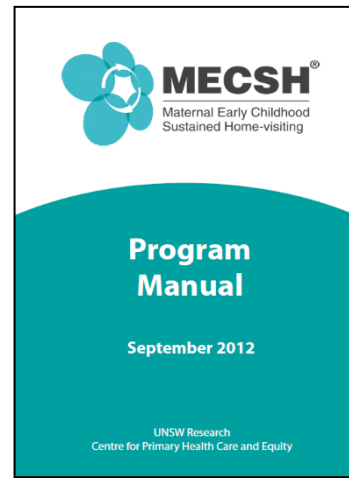
#### MECSH UK (8 sites)

- Incorporate universal Healthy Child Program
- Add Ages and Stages Questionnaire
- Add European Early Promotion Project (EEPP) Promotional Guides (1 site only)

# Quality: ‘the proof of the pudding is in the eating’

- Taste-testing
  - Who is the judge?
  - What are the criteria?
  - How assessed?
- Reliability
- Choosing the ‘right’ processes for scaling (see [https://ssir.org/articles/entry/many\\_ways\\_to\\_many](https://ssir.org/articles/entry/many_ways_to_many))





## [How to spread/scale-up](https://s3.amazonaws.com/billionsinstitute/ways_there.html) decision-making tool

([https://s3.amazonaws.com/billionsinstitute/ways\\_there.html](https://s3.amazonaws.com/billionsinstitute/ways_there.html))

### MECSH approached: Licenced program

- Defining 'site'
- Adaptation to local context
- Local ownership for sustainability
- Training, clinical support, quality monitoring
- Community of practice/network
- Securing/building qualified Extension Agents

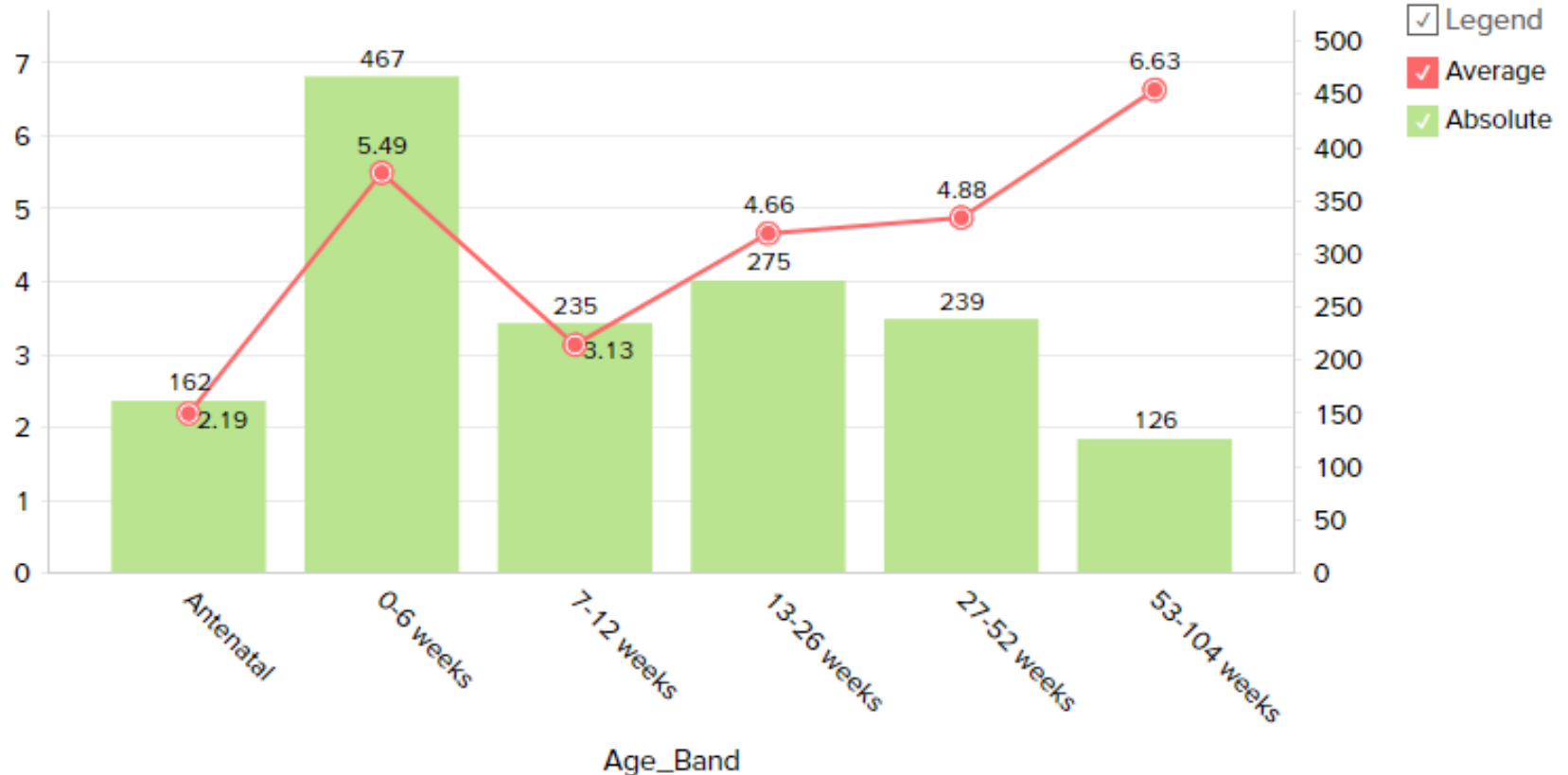


### **MECSH program fidelity requirements**

- Are all eligible families being identified and offered the program?
- Are most eligible families taking up the offer to participate in the program?
- Are most eligible families taking up the offer antenatally?
- Are the program staff provided with the capacity (training, supervision, resources, multidisciplinary support) to deliver the program including any adaptations?
- Are participating families fully engaging in the program?
- Is the program being delivered in accordance with the program protocol (both the core program and adaptations)?
- Is the program being delivered with quality?
- Is the Child Development Parent Education program being delivered with quality in accordance with the program protocol?
- Are other resources and tools to support families being delivered with quality (including all identified aspects of any adaptations)?

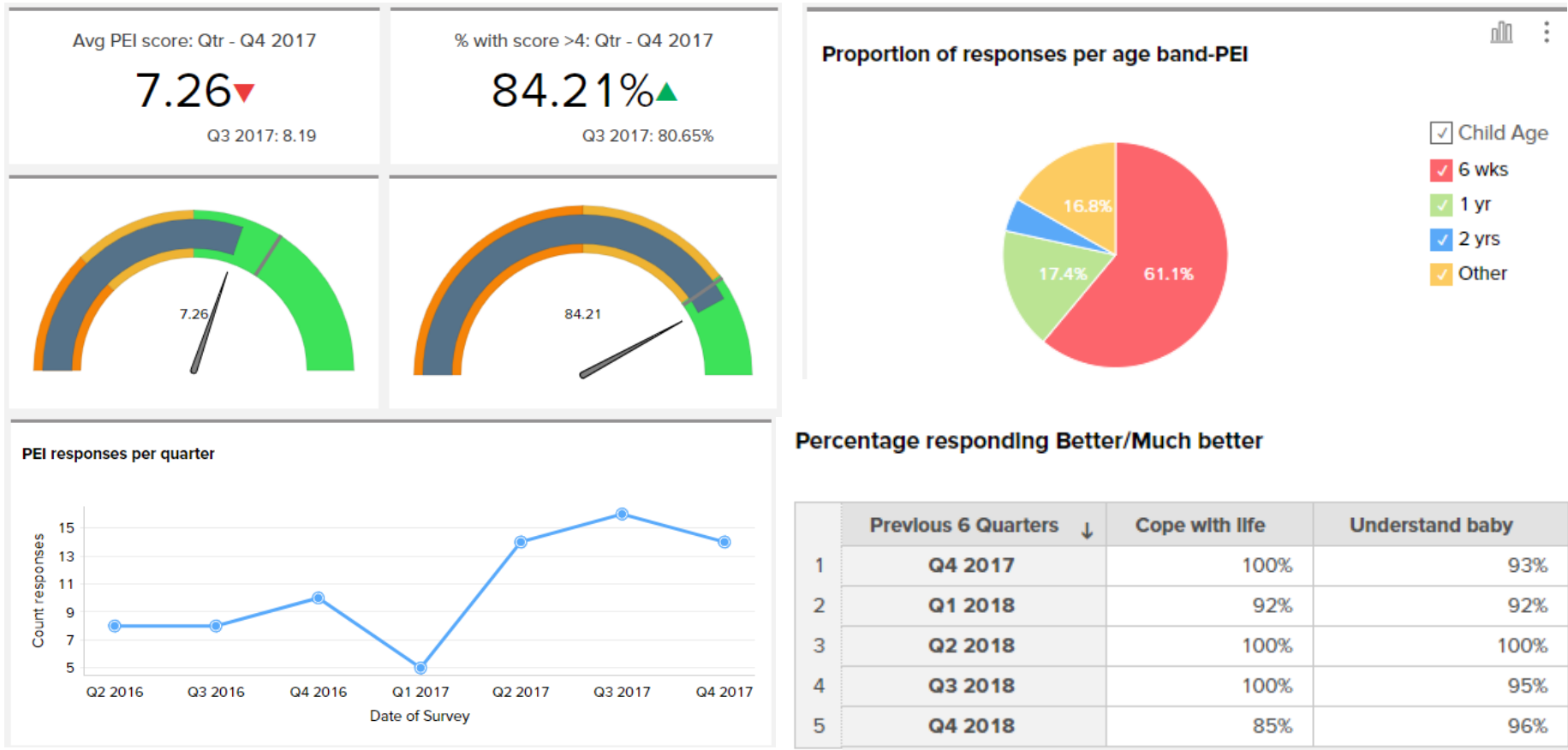
# Home Visits

Absolute and Average number of Home Visits by Age Band



# PEI and PSQ

- Parent Enablement Instrument



Eg: In Q3 2018, 100% of mothers said they were better able to cope with life

# Lessons learned

- Personal and organisational capacity/exhaustion
- Sourcing/managing Extension Agent/s
- [de-] Centralised 'Technical Assistance' role
- Documentation of processes for 'cascading'
- Technological solutions
- Agility

