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## WORKSHOP ABSTRACT

# From theory to practice: strategic approaches for sustainable integrated care implementation

25th International Conference on Integrated Care, Lisbon, Portugal, 14-16 May 2025

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**Background:** Health systems globally have been struggling to scale, spread and sustain models of integrated health and social care. Many models remain local, at earlier stages of maturity which has stymied wider system transformation and improved access to integrated services. This marks a significant implementation challenge; one that can be addressed with better, targeted strategies that activate the mechanisms that make models successful across contexts. Drawing on theories, models and frameworks from implementation science can help to develop these types of strategies, and have been demonstrated to support sustained implementation success.

**Audience:** All delegate could benefit from this session, particularly those working to implement and sustain their models of integrated care. We would be particularly keen to see a diverse array of delegates from different disciplines and health system roles to foster a comprehensive and crucial exchange of ideas, recognizing that a range of perspectives enriches strategic planning. As such this would be of interest to patients and family caregivers, researchers, frontline providers, managers, system leaders and decision-makers, and policy makers.

**Approach:** Participants will get a brief, accessible introduction to key implementation science theories, models, and frameworks (C. Steele Gray), equipping participants with foundational concepts. This will be followed by practical examples showcasing the application of Normalization Process Theory (NPT) as a driver for implementation and sustainability in models of prudent antimicrobial prescribing (S. Anthierens) and goal-oriented care (P. Boeckxstaens).

Participants will then form interdisciplinary teams representing various health system sectors—such as primary care, hospitals, and the social and community sectors. In these teams, they will collaboratively develop a strategic plan to advance a model of integrated health and social care using a given case. Leveraging tools like the Expert Recommendations for Implementing Change (ERIC) alongside NPT, participants will craft strategies that integrate and address the perspectives of their diverse roles. This collaborative, hands-on approach will offer participants the opportunity to apply theory to practice, enhancing their strategic planning skills in real-world, cross-sector contexts.

Structure – 90 minute workshop: 1) Introduction (5 min); 2) Crash Course (10min) 3) Anti-microbial example (10 min); 4) Goal-oriented care example (10 min); 5) Table work: teams develop their strategic plans (25 min); 6) share and compare plans across three perspectives (20 min) 7) Final discussion on lessons learned and key takeaways (10 min)

Outcomes: Delegates will take away actionable skills in developing theory-informed strategic plans. Participants will gain practical tools for navigating and resolving conflicting priorities across sectors, fostering a collaborative skill set essential for successful implementation. This workshop offers a unique opportunity to contribute to the development of a commentary paper by the facilitators, capturing insights and approaches from the session to inform broader cross-sector strategy development.

Patient involvement: We encourage attendees to consider how patient voices can be integrated into strategic planning, and to bring forward examples where patient input has shaped or could shape successful models.

Equity considerations: Delegates will be encouraged to incorporate equity-focused goals and approaches within their strategic plans to ensure accessible, inclusive, and sustainable care for all.