**Tools for maintaining programme fidelity**

Staying faithful to a program’s original design is called program fideltiy. It ensures we adhere to the original objectives, intentions, the quality of the program, and accuracy of content.

Changes made, intentionally or not, to the original content can happen as the program is implemented. Changes to content session lerngth of delivery style can diminish a programs effect.

Common variations include

* Reduction of content
* Addition of content
* Program drift

Self assessment and regular contact with program leaders is helpful to avoid drift. The following tools are also of assistance in maintaining fidelity:

**Attendance:** Monitor participant attendance weekly. A fall off in attendance may be an indicator that something is going wrong

**Review each session against the objectives in the manual:** Take some time after each session to review the manual and reflect.

* Has it achieved its objectives?
* What could you do to improve it?
* Has the homework been completed?
* Did the participants demonstrate their learning?
* Are participants upgrading their activity?

**Exercise log:** review the log for each person for completion of agreed activties

**Programme Checklist:** Use the checklist over the page: Review and seek help from the pain clinic if the answer is no to any questions

**Session audit:** Invite a clinicianian from the pain clinic to sit in on the session to provide feedback

**Additional support** can be obtained from the Pain Management Research Institute Sydney

Review each week and modify delivery accordingly

**Programme checklist to be completed for each session:**

**Step 1 Review attendance**

* Seek feedback from participants at the end of each session
* Follow up people who do not attend

**Action for next time**

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**Step 2 Review the programme delivery and content**

* Were all the session components covered?
* Was anything added/modifications made?
* What aspects need reinforcement next session?
* What went well?
* What did not go so well?

**Action for next time**

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Are participants contributing to the discussion?

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**Action for next time……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**

Are participants understanding and reflecting in the discussion the key messages?

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Are the participants demonstrating skill acquisition or change in behaviour?

Problem solving:………………………………………………………………………………………………………………………

Relaxation techniques:…………………………………………………………………………………………………………………

Pacing: ………………………………………………………………………………………………………………………………

Increasing activity:………………………………………………………………………………………………………………………

Communication skills regarding pain……………………..……………………………………………………………………..

Sleep strategies:…………………………………………………………………………………………………………………………..

Nutrition:……………………………………………………………………………………………………………………………………..

**Step 3 Review the exercise logs and homework logs?**

* Were all exercises completed daily?
* Are the activities recorded on the homework sheets? What barriers are there to completing the sheets

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**Action for next time**

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