

Assessment of Fidelity

Fidelity is concerned with the extent to which an intervention or programme is carried out in the way intended. It encapsulates the delivery, receipt, and enactment of an innovation.¹ Various tools have been created to measure fidelity, focusing on both content and/or processes that impact implementation outcomes.

Type	Definition	Score
Procedural	Keeping to time	High (starting and finishing on time) Moderate (keeps to time for the majority of the session; 30-45 mins) Low (not keeping to time; very short or very long)
	Number of residents being discussed	High (6-10 residents within the hour) Moderate (at least 4 residents) Low (three or fewer residents)
Checklist	Following checklist of Needs Rounds flow and content	High (most appropriate parts of checklist followed (eg. Identifies trigger, if review or new resident, resident needs, and action points)) Moderate (some engagement with checklist steps but not all parts followed) Low (little or no engagement with the checklist)
	Discussion of residents bio-psychosocial needs	High (each resident's biological, psychological and social needs discussed) Moderate (some engagement with psychosocial needs for most residents) Low (no discussion of psychosocial needs of any residents)
	Creating action plan to meet identified needs	High (action plan for most; where needed) Moderate (action plan devised for some residents) Low (no action plans)
Case-based education	Eg. recognising deterioration and dying, pain and symptom assessment and management, communication with families and professionals	High (1 segment of education per resident discussed) Moderate (some education provided during the Needs Round, but not for every resident) Low (little or no education provided during Needs Round)

Case-conferences	MDTs with professionals Family meetings	High (over 50% of residents have MDTs/family meetings organised where appropriate) Moderate (some limited engagement with case conferences/family meetings) Low (no MDTs/family meetings)
Clinical intervention	Bloods, urine, pain assessment, clinical assessment, prescribing/de-prescribing, syringe drivers, referrals, advance care planning, LPOA/guardianship	High (at least one clinical intervention carried out where relevant for 75% or more of residents discussed) Moderate (at least one clinical intervention carried out where relevant for 30-74% of residents discussed) Low (at least one clinical intervention carried out where relevant for 0-29% of residents discussed)

Scoring system

High: 3

Moderate: 2

Low: 1

References

1. Borrelli B, Sepinwall D, Ernst D, Bellg AJ, Czajkowski S, Breger R, et al. A new tool to assess treatment fidelity and evaluation of treatment fidelity across 10 years of health behavior research. *J Consult Clin Psychol.* 2005;73(5):852-60.