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## Background

Individuals in rural areas consistently demonstrate higher mortality and morbidity rates, and poorer access to healthcare, compared to their metropolitan counterparts.

Optimising the implementation of evidence-based interventions can reduce these inequities. Existing literature outlines numerous barriers and facilitators to the implementation of healthcare interventions, but these are generally not specific to rural areas. This rapid review synthesises barriers and facilitators to the implementation of patient-focused interventions in regional and rural healthcare services as reported by healthcare staff, including clinicians, managers, and administrators.

## What we did

### SYSTEMATIC SEARCH



- Peer-reviewed articles
- CINAHL, PsycINFO, Medline, Embase
- 2000 - 2023



### ELIGIBLE STUDIES

- Original research articles
- Assessed staff-reported barriers and facilitators
- Regional and rural healthcare services in high-income countries



### ELIGIBLE DESIGNS & SETTINGS

- Qualitative, quantitative, mixed-methods
- Acute, sub-acute, primary care, community health, aged care settings



### ANALYSIS

- Data were inductively coded and grouped into sub-themes/themes.

# Staff-reported barriers and facilitators to the implementation of patient-focused interventions within regional and rural healthcare services: A rapid review



## What we found

The search yielded 3,927 unique citations, with 39 publications ultimately included.



Studies predominantly conducted in Australia (46%), USA (46%).



Based in primary care (33%), hospital (31%) or mixed healthcare (21%) settings.



Rural (56%) or rural (23%) or mixed rural/regional (21%).



Used qualitative methods (85%).

Key themes and sub-themes for barriers and facilitators to the implementation of patient-focused interventions in regional and rural healthcare services.

SYSTEM LEVEL	INTERVENTION LEVEL	STAFF LEVEL	PATIENT LEVEL
<ul style="list-style-type: none"> <li>• Leadership support</li> <li>• Environmental context &amp; resources</li> <li>• Geographic vastness</li> <li>• Networks and communications</li> </ul>	<ul style="list-style-type: none"> <li>• Intervention feasibility &amp; fit</li> <li>• Intervention complexity</li> <li>• Privacy &amp; confidentiality</li> </ul>	<ul style="list-style-type: none"> <li>• Staff attitudes &amp; beliefs</li> <li>• Staff knowledge, skills &amp; confidence</li> <li>• Staff roles and professional identity</li> </ul>	<ul style="list-style-type: none"> <li>• Patient characteristics</li> <li>• Patient attitudes</li> </ul>

## Key Message

These findings provide essential guidance for policymakers, healthcare leaders, and researchers in planning and designing future implementation efforts in regional and rural healthcare settings.

By considering factors across intervention, staff, patient, and system levels, stakeholders can address challenges and leverage local strengths to enhance implementation success and reduce health disparities.