

Implementing as Intended

Core Compliance and Fidelity

Fidelity: Staying true to the original design of a curriculum or intervention.

- Improves the likelihood of achieving the same outcomes as in the original intervention
- Lack of fidelity can change the impact of an intervention

Core Components: Parts or characteristics of an intervention that should be preserved when being replicated.

- **Content:** What is being taught.
- **Methodology:** How the content is being delivered (e.g. the strategies or techniques used).
- **Implementation:** “Logistics” of an intervention such as setting, number or length of sessions or components, amount of material, sequence of sessions or components, staffing type and quantity, and participant responsiveness.

Adaptations: Sometimes, adaptations to an intervention are necessary. People and communities are unique, and interventions cannot always be taken from one context to another. For example, changes may be needed to better meet the needs of the community or to fit the intervention within an organization’s capacity or resources.

While there may be good reasons to adapt an intervention, it is important to be careful of making too many changes or making the kind that alters the core components. The following table outlines some less risky and risky intervention adaptations.

Less Risky	Risky
<ul style="list-style-type: none"> • Language (e.g. translating or modifying vocabulary) • Replacing images to those that relate to the target audience • Replacing cultural references • Modifying some aspects of activities (e.g. physical contact) • Adding relevant, evidence-based content to make it more appealing to participants 	<ul style="list-style-type: none"> • Reducing the number or length of sessions or components (e.g. Rec-Connect – Just doing PA tastings but not all four components of the intervention; PE-Nut – Only doing HCHS and not the full intervention that includes EPEC, FitBits, Health through Literacy, etc.) • Removing key messages or topics • Using inadequately trained staff • Using fewer staff than recommended

Tips for Maintaining Fidelity:

- Choose an intervention that meets the needs of your community and the capacity or resources of your organization
- Train the facilitators; offer them time to practice and receive feedback
- Monitor and track the intervention through logs, site visits, etc.
- Stay up-to-date with revisions or new materials from the intervention’s developer



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Sources:

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