

## “Use PEDALs Model to Pedal for Implementation Research”



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Via Zoom\*

**Abstract:** The presentation will introduce PEDALs – a simple model to guide implementation research. According to PEDALs, implementation research starts by identifying a “Problem” in your clinical or public health work, which then leads to the search for an “Evidence-based practice” (EBP) to address that “Problem.” The process then moves to identifying “Determinants” (barriers and facilitators) to that EBP, often through the use of mixed methods. The next step is to develop “Actions” (implementation strategies) to mitigate the barriers of implementing the EBP along with proper research design and methods. The last step is to sustain the implementation in the “Long-term.” All along the way, we need to “scale” (monitor and evaluate) the process with implementation outcomes. An implementation study on the uptake of shared medical appointments for diabetic management in China will be used to illustrate PEDALs. Common design and methods for each step of PEDALs will also be briefly introduced.

**Bio:** Dr. Xu's research focuses on health system innovations and implementation science, particularly those involving chronic diseases, quality of primary health care, and eHealth in the context of global health. He is leading several large studies, including Primary heAlth Care quAlity Cohort In China (ACACIA) using unannounced standardized patients and smartphone-based virtual patients, Silk Road Labs for Health System Strengthening in Nepal and Mozambique, an implementation trial for stroke guidelines in China, and the Shared Medical Appointment trial for diabetes (SMART). He received his PhD in global health implementation science from the University of Washington and Master's in Public Policy from Harvard University.

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