

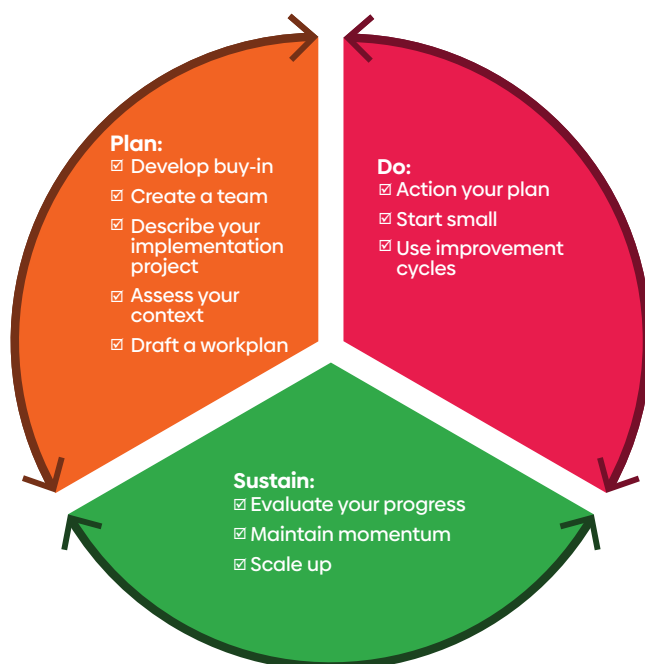
# Implementation at a glance

## What is implementation science?

Implementation science is the study of methods to help put research into practice. It connects research evidence with real-world use for better outcomes.

## Implementation model

Whether you're implementing an evidence-based practice, launching a new project, crafting a policy, or instigating a transformative change, you can follow these stages to incorporate aspects of implementation science in your work.



**Stage 1. Plan:** Getting people and systems ready for change.

**Stage 2. Do:** Putting your plan into practice.

**Stage 3. Sustain:** Monitoring and reviewing your progress.

This model is described in the [implementation toolkit: Moving ideas to action](#). The toolkit includes current evidence on implementation science and practical resources, tools, and templates for planning, doing, and sustaining your implementation projects.



Want to learn more? Please get in touch with us at [info@cymha.ca](mailto:info@cymha.ca).