

Projektabstrakt FSC Sustain

Background: Family systems care (FSC) is a healthcare approach in nursing and healthcare that supports families facing complex health and illness issues. FSC has been implemented and evaluated across settings and populations globally, also in Switzerland. However, there is a lack of implementation science studies focusing on the sustained implementation of FSC after initial implementation efforts. **Aims:** This study aims to investigate the adoption, implementation, and sustainment of FSC, and to examine the impact of FSC delivery on families, nurses, and other healthcare professionals. Based on these findings, recommendations for scaling and spreading FSC will be co-developed with the project partners. **Design and methods:** This implementation science study will be guided by the Consolidated Framework for Implementation Research and its Outcomes Addendum, focusing on actual implementation and innovation outcomes for the innovation recipients and deliverers. We will employ a realist evaluation approach applying a complex, convergent, mixed-methods, multiple-case study design in five healthcare organizations (the cases) in the German-speaking part of Switzerland, including two adult hospitals, one paediatric hospital, one nursing home, and one paediatric home care organization. We will perform a cross-sectional survey study among families (n=120-150), key implementation persons (n=10), nurses and other healthcare professionals (n=75) in the quantitative study section. In the qualitative study section, we will utilize seven focus groups and/or individual interviews with healthcare professionals. The data will be analysed at the within-case and cross-case level using descriptive and inferential statistics and Schreier's content analysis. Then, the findings will be integrated, and context-mechanism-outcome-pattern configurations will be developed. **Expected results:** The study results will generate in-depth and comprehensive knowledge from real-world setting about how healthcare organizations have reached (or failed to) sustained FSC integration, and its benefit (or absence) to families and healthcare professionals. Such knowledge will be helpful for scaling and spreading FSC in Switzerland and beyond, thereby contributing to effective FSC implementation and improved outcomes for families, nurses, and healthcare professionals.