**A Step-by-Step Guide to Acting to Achieve Improvement**

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The presentation focuses on achieving improvement — not simply action planning. It includes a stage-by-stage model for acting to achieve an improvement.

Lessons from the evidence base are reviewed, including:

* how implementation science, complexity science, and social science come together in implementing change
* what is involved in 'theory of change'
* strategies for action from research studies.

Practical approaches to carrying out stages in achieving an improvement are outlined, including how to:

* state the exact improvement needed
* engage the stakeholders involved
* judge the context in which change has to be implemented
* consider the 'dose' of change needed
* set priorities for effective and feasible actions.