

PCRU

“Using Complexity Theory”

in the implementation of complex interventions

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Overview

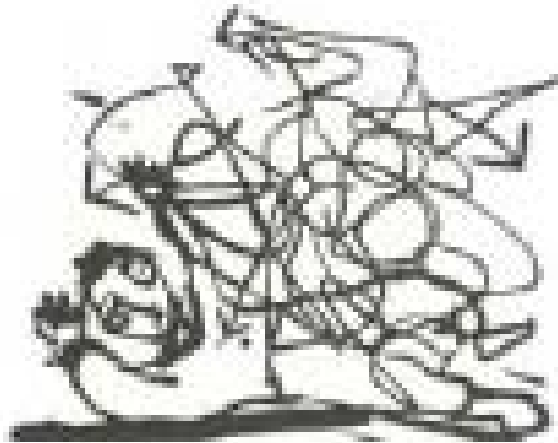
- A complex system – general practice
- What is complexity theory?
- Key principles of complexity theory
- Discussion – Your views

Australian General Practice – a complex system

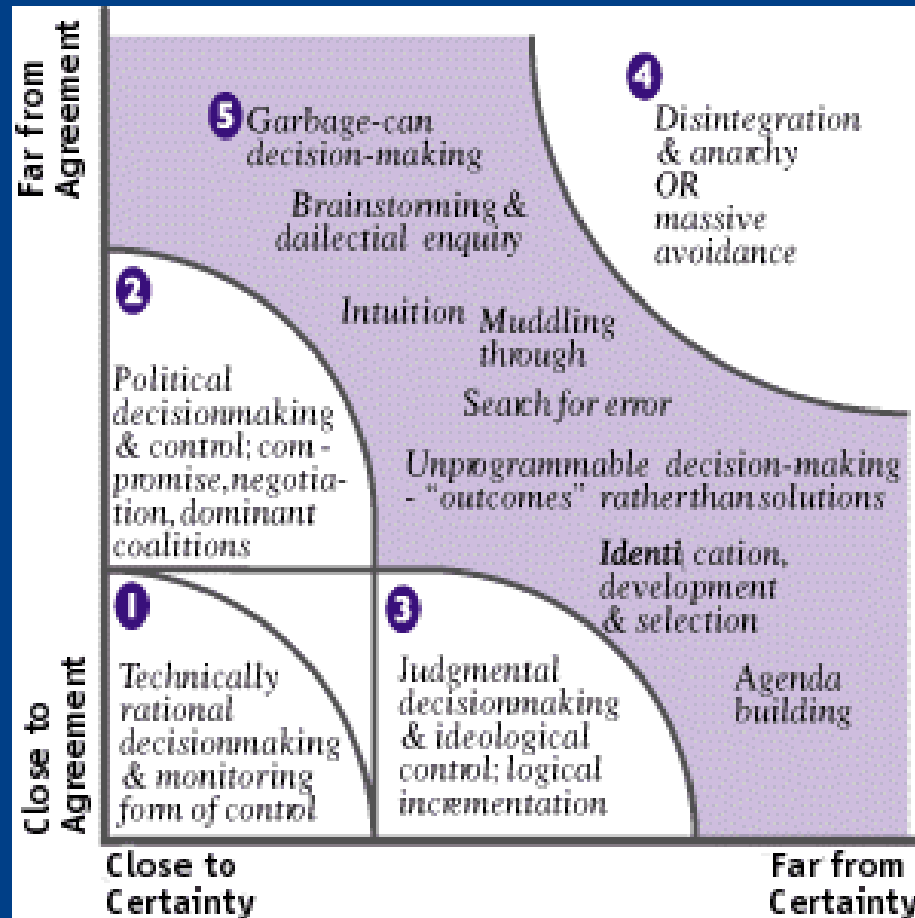


What is complexity theory?

*futile grappling
with an idea*



A model of a complex adaptive system



Key principles

- difficult to predict (the weather, the stockmarket)
- non-linear
- actions interconnected
- boundaries fuzzy
- 'unspoken rules', shadow systems
- adaptive
- emergent properties
- attractors
- small changes can make enormous impacts (the 'butterfly effect')

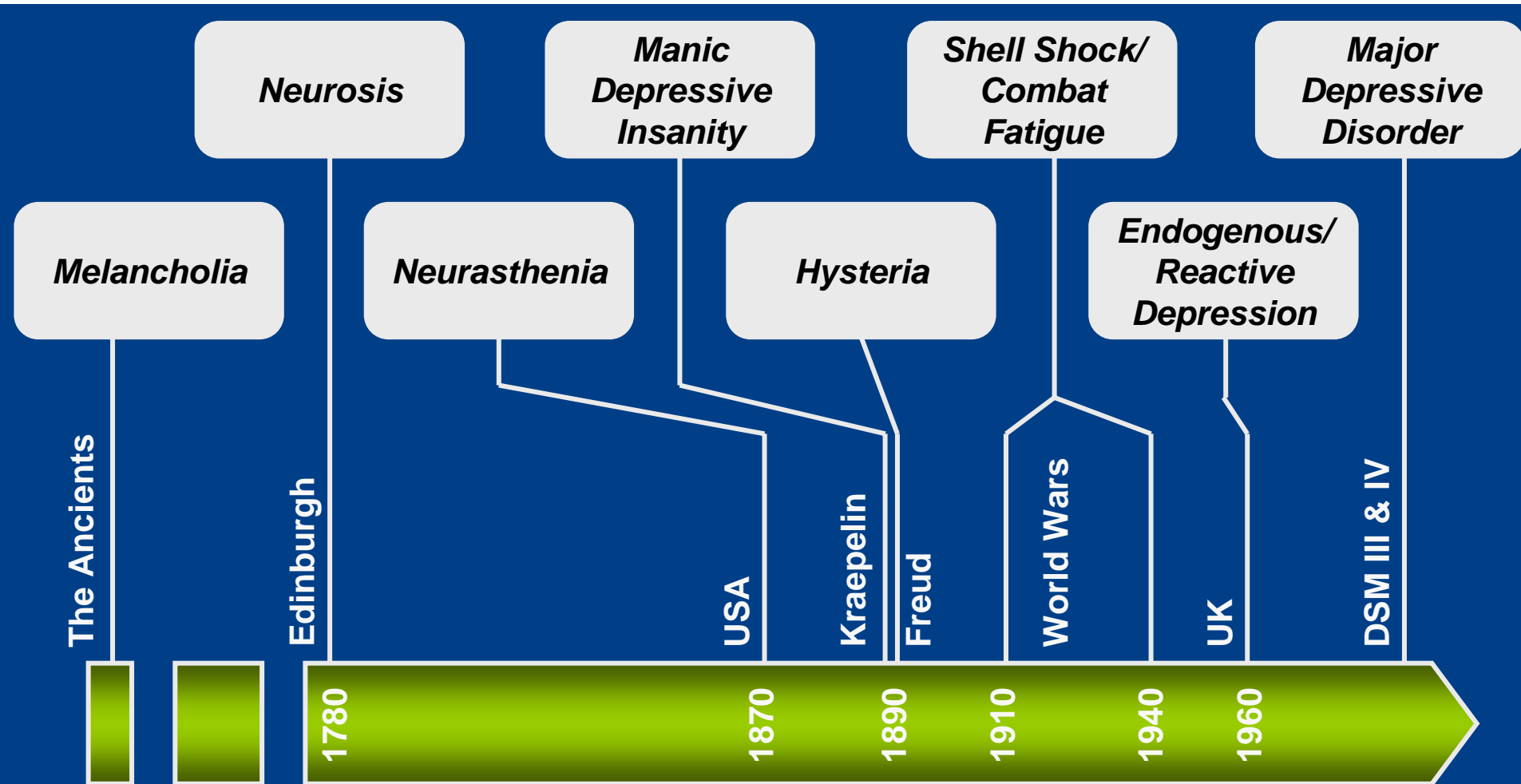
Some examples

-Neighbourhood

-Stockmarket

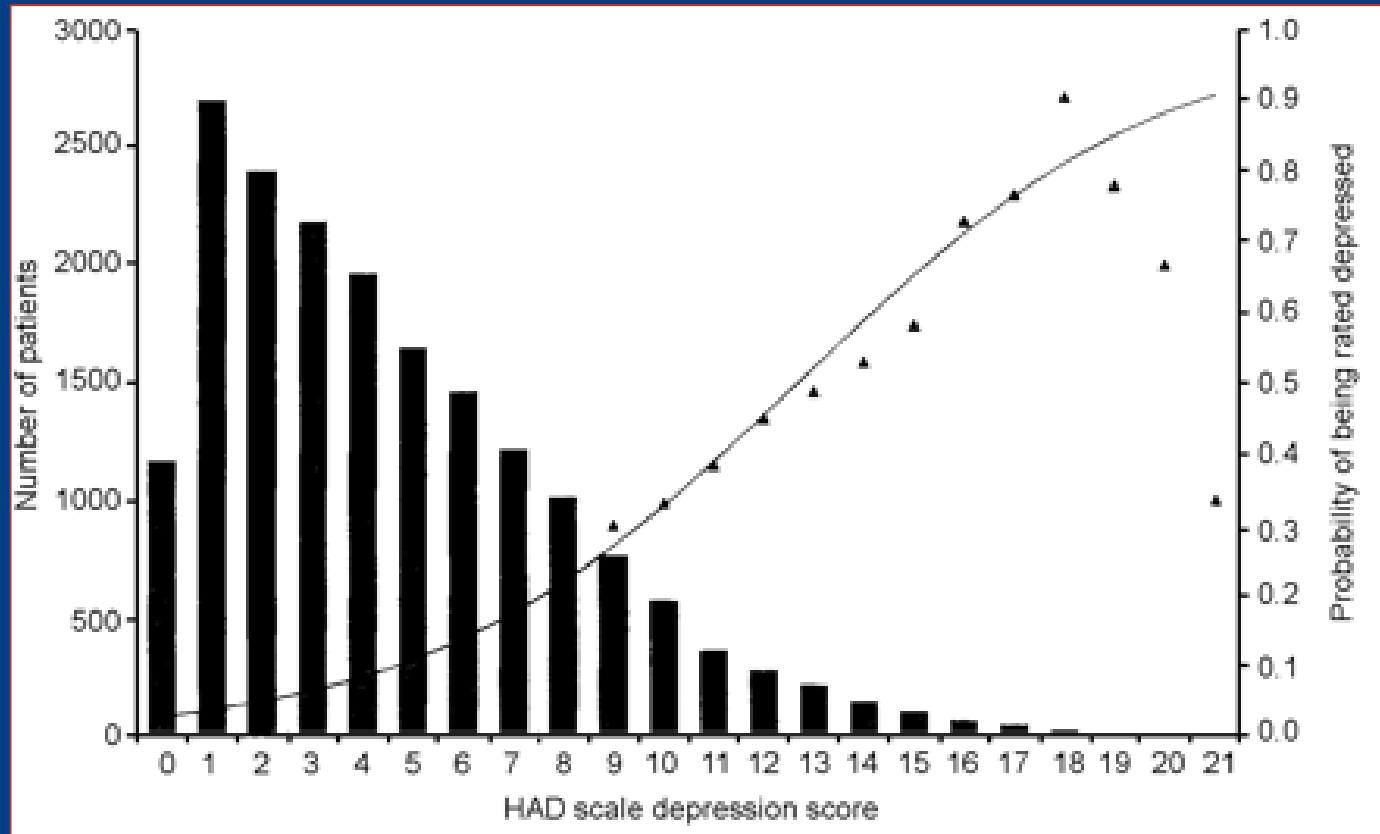
-Healthcare

A brief look at a complex problem - depression



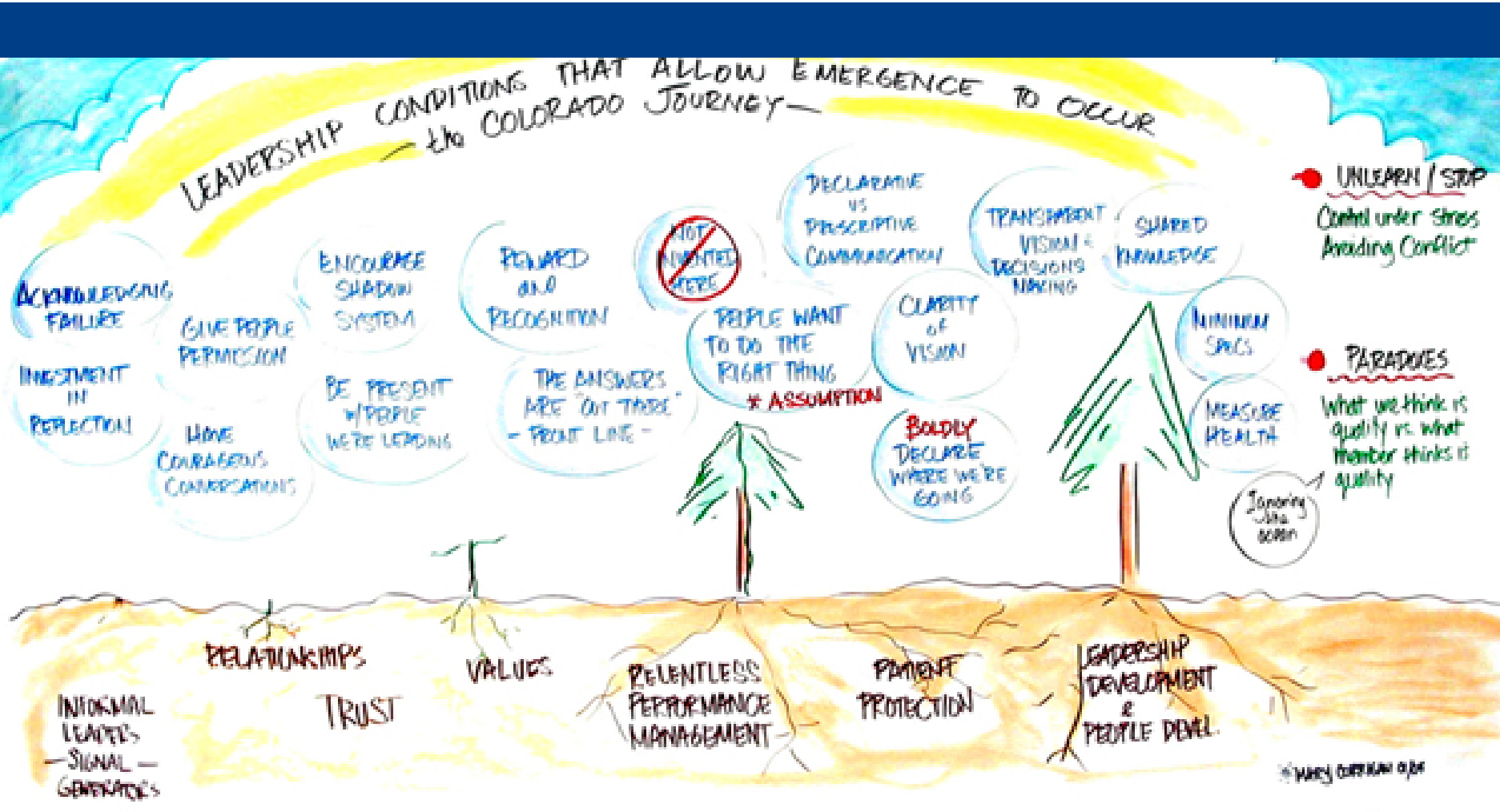
(Ref: Healy 1997; Dowrick 2004; Callahan & Berrios 2005)

A simple finding from a complex problem - Hampshire Depression Project



Thompson C, Ostler K, Peveler R, Baker N, Kinmonth AL. Dimensional perspective on the recognition of depressive symptoms in primary care. *British Journal of Psychiatry* 2001;179:317-323

Implementing change in a complex system



Discussion

Your views

Your questions