

## APPENDIX 2 Data of the included studies

Author(s), Title, Journal, and Year of Publication.	Country	Aims/Purposes	Participants and Sample size	Settings	Study Design	Data Collection Methods	Data Analysis Methods	Interventions Name and the Contents	Intervention Providers	IPTs	Mixed-Methods	CMOs
Aagaard K, Meléndez-Torres GJ, Overgaard C. Improving oral health in nursing home residents: A process evaluation of a shared oral care intervention. J Clin Nurs 2020.	Denmark	To evaluate the process of implementing an oral care intervention in nursing homes in a Danish municipality	(n=41) Nursing home residents, care professionals, assistant nursing home managers, dental practitioners, and the project dentist	Three nursing homes	Multiple case studies, along with randomised controlled trials (RCTs)	Interviews, observations, and group interviews	Thematic analysis and cross-case analysis	Shared oral care includes educating care staff on oral hygiene, assessing residents' oral health, and designing an individual oral care plan	The Danish National Board of Health	✓	✓	✓
Barker R, Wilson P, Butler C. How does the English national end-of-life care policy imp on the experience of older people at the end of life? Findings from a realist evaluation. Prim Health Care Res Dev 2021.	UK	To explore the extent to which national policy in end-of-life care (EOLC) in England influences and guides local practice, helping to ensure care for older people at the EOL is of a consistently good quality	(n=98) Patients, carers, clinicians (physicians, health care assistants, palliative care nurses, etc.), and non-clinical staff (care home and hospice managers, local authority leads, chaplains etc.)	Three sites in London	Multiple case study	Interviews, meeting observations, and documentary analysis	Not specified	National policy in end-of-life care influences and guides local practice, helping to ensure that older adults want to be cared for and die in familiar surroundings	The national government	✓		
Bailey, D, Mutale, G. J. Social work's contribution to integrated primary health care teams in the UK for older adults with complex needs Journal of Integrated Care. 2022	UK	To examine the contribution of adult social work in integrated teams in the UK.	(n=42) Members of staff (23 in the integrated teams and 19 in the social-work-only teams)	Three different districts within one local government's catchment area	Mixed methods	Interviews and focus groups. Types of social work activities extracted from older adults' case records to calculate costs of care.	Inferential and descriptive statistics	Embedding social work in integrated primary care teams	Integrated team and social workers		✓	
Berge MS. Telecare - where, when, why, and for whom does it work? A realist evaluation of a Norwegian project. J Rehabil Assist Technol Eng. 2017.	Norway	To highlight where, when, why, and for whom telecare works, drawing on data from the evaluation project	(n=19) Users and relatives	Medium-sized municipality	Descriptive qualitative design	Interviews	Not specified	Telecare is individually tailored and linked to the call centre. The devices comprise the sensors that react to changes in the activity pattern, fall sensors, and movement sensors	The national Government	✓		✓
Boumans J, van Boekel LC, Verbiest MEA et al. Exploring how residential care facilities can enhance the autonomy of people with dementia and improve informal care. Dementia (London) 2022.	Netherlands	To explore how residential care facility (RCF) staff can enhance autonomy and improve informal care by looking at the influence of interactions (contact and approachability between residents, staff members, and informal caregivers) and the physical environment, including the use of technologies	(n=12) RCFs staff, board members of the RCFs, informal caregivers/relatives of residents with dementia	Two RCFs in the southern part of the Netherlands	Multiple case study	Interviews, observations, and documents analyses	Realist logic of analysis	Person-centred care in RCFs ensures people with dementia who are receiving care can make their own choices and facilitates their autonomy and informal care provision	Not specified			✓
Clark AM, Whelan HK, Barbour R, et al. A realist study of the mechanisms of cardiac rehabilitation. J Adv Nurs 2005.	UK	To explore patient's experiences of cardiac rehabilitation (CR) and perceptions of the mechanisms and contexts influencing its long-term effectiveness	(n=47) Patients	Deprived region of the West of Scotland	Qualitative design	Focus groups	Not specified	Cardiac Rehabilitation programs offer a range of services that can support the secondary prevention of coronary heart disease (CHD)	National health service (NHS) trust with Scottish Intercollegiate Guidelines Network (SIGN)			

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Coorey G, Peiris D, Neubeck L, et al. A realist evaluation approach to explaining the role of context in the impact of a complex eHealth intervention for improving prevention of cardiovascular disease. BMC Health Serv Res 2020.	Australia	To elucidate contextual factors at play in participant responses to the eHealth intervention and describe mechanisms by which the impact on outcomes arose	(n=36) Participants from the intervention group who completed 12 months of study follow-up	Twenty-four primary health care services in Sydney	Qualitative study along with RCTs	Interviews	Thematic analysis	The intervention of eHealth is designed to improve the recipient's cardiovascular disease (CVD) risk factor profile by facilitating health-related behaviour change, including increased engagement with care providers	The George Institute for Global Health, funded by the Australian National Health and Medical Research Council	✓	✓	✓
Couturier Y, Lanneville D, Lane J, et al. Implementation conditions leading to the scale-up of an innovation involving the optimal use of antipsychotics in long-term care centers: the Optimising Practices, Use, Care and Services-Antipsychotics (OPUS-AP) program. Res Social Adm Pharm 2022.	Canada	To present the conditions leading to the scale-up of an innovative program on the appropriate use of antipsychotics in long-term care (LTC) centres	(n=46) Local project managers, nurses, families, and professionals	An integrated health area of Quebec	Mixed methods along with a prospective cohort study	Interviews	Qualitative data analysis	OPUS-AP program aims to improve LTC residents' care by increasing knowledge and competency among staff, resident-centred approach, non-pharmacologic interventions, and by deprescribing antipsychotics when appropriate	Governance board, including policymakers, researchers, and managers, headed by regional health authorities, acting as representatives for all CEOs across Quebec		✓	
Dalkin SM, Lhussier M, Kendall N, et al. Namaste care in the home setting: developing initial realist explanatory theories and uncovering unintended outcomes. BMJ Open 2020.	UK	To develop initial program theories detailing if, how and under which circumstances Namaste Care works when implemented at home	(n=35) Twenty-seven volunteers and eight family carers	A hospice in the North East of England, operating in the community through volunteers.	Qualitative study	Interviews and focus groups	Realist analysis	The End-of-Life Namaste Care Program can improve communication and the relationships families and friends have with the person with dementia	A hospice in the community that is a registered charity receiving some income from the NHS	✓		✓
Day A, Phelps K, Maltby J, et al. A realist evaluation of loneliness interventions for older people. Age Ageing 2021.	UK	To develop a program theory to inform the design of loneliness interventions and guide any future evaluations	(n=54) Twelve service providers, 24 old people, and 18 carers	Leicester and Leicestershire	Mixed methods	Interviews, focus groups, documentary analysis, and cataloguing available services from provider organisations and websites.	Qualitative data analysis	Loneliness interventions include social activity, emotional support, and advice and information	Local councils of Leicester and Leicestershire	✓	✓	✓
Devi R, Chadborn NH, Meyer J, et al. How quality improvement collaboratives work to improve healthcare in care homes: a realist evaluation. Age Ageing 2021.	UK	To understand how quality improvement collaboratives (QICs) work when designing and implementing evidence-based approaches to healthcare in care homes	(n=32) Care home staff, pharmacists, Physicians, dieticians, care home nurse specialists, care coordinators, care home managers, geriatricians, and so on.	Four sites and 29 care homes	Multiple case study	Interviews, focus groups, and observations	Not specified	Quality Improvement Collaboratives bring together multidisciplinary teams in a structured process to improve care quality in care homes	Teams of health and social care professionals that established the QIC and provided advice on on-site team composition and focus of intervention	✓		✓
Efstathiou N, Lock A, Ahmed S et al. A realist evaluation of a 'single point of contact' end-of-life care service. J Health Organ Manag 2020.	UK	To explore whether the provision of coordinated end-of-life care (EOLC) would support patients being cared for or dying in their preferred place and avoid unwanted hospital admissions	(n=256) Thirty staff of "Single point of contact" and 226 patients and carers/ friends who completed the satisfaction questionnaire	Sandwell, West Birmingham, West Midlands	Mixed methods	Interviews, observations of management meetings, documents, satisfaction surveys, and activity/ performance indicators	Simple descriptive analysis	"Single point of contact" aims to coordinate EOLC, including EOLC facilitators and an urgent response team, for supporting patients being cared for or dying in their preferred place and avoid unwanted hospital admissions	Clinical Commissioning Group (CCG)	✓	✓	✓

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Fakoya OA, McCorry NK, Donnelly M. How do befriending interventions alleviate loneliness and social isolation among older people? A realist evaluation study. PLOS ONE 2021.	UK	To address the gap in the evidence- base by going beyond the identification of 'what works' to gain an in-depth understanding of how befriending interventions work, for whom, and in what circumstance	(n=46) Two service managers, 4 service coordinators, 17 befrienders, 14 service users, and 9 family members related to the service users	Northern Ireland	Multiple case study	Interviews and review of service documents	Retroductive approach	Befriending provides relationships and social contact to individuals experiencing loneliness and isolation in community and residential settings	Befriending Network		✓	✓
Flynn R, Mrklas K, Campbell A, et al. Contextual factors and mechanisms that influence sustainability: a realist evaluation of two scaled, multi-component interventions. BMC Health Serv Res 2021.	Canada	To identify and explain the contextual factors and causal mechanisms that enabled or hindered the sustainability of two large-scale, system-wide EBIs implemented across the Strategic Clinical Networks™, of the Alberta health system in Canada	(n=30) Seventeen participants from Case A, Intensive Care Unit (ICU) with Delirium intervention, and 13 participants from Case B, Long-term care (LTC) and designated supportive living (DSL) with appropriate use of antipsychotics (AUA)	ICU, long-term care facility, and designated supportive living in Alberta	Case study	Interviews and document reviews	Cross-case comparison analysis	Strategic Clinical Networks that comprise multi-stakeholders work collaboratively to identify care gaps and implement evidence-based interventions that improve health outcomes and health service delivery	Alberta Health Services		✓	✓
Francis-Coad J, Etherton-Beer C, Bulsara C et al. Evaluating the impact of a falls prevention community of practice in a residential aged care setting: a realist approach. BMC Health Serv Res 2018.	Australia	To evaluate the impact of a falls prevention Community of Practice (CoP) on its membership, actions at the facility level, and actions at the organisation level in translating falls prevention evidence into practice	(n=260) CoP partnered university researchers with staff across the 13 facilities. All facilities were represented by 20 members comprising 14 allied health professionals, 5 care/deputy care managers, and 1 researcher.	Residential aged care facilities	Convergent parallel mixed methods	Surveys, audits, observations, and interviews	Content analysis and inferential statistical analysis	Community of Practice for fall prevention enables sharing of expertise and ideas, to innovate for change in pursuit of fall prevention	Not specified			✓
Gordon AL, Goodman C, Davies SL, et al. Optimal healthcare delivery to care homes in the UK: a realist evaluation of what supports effective working to improve healthcare outcomes. Age Ageing 2018.	UK	To explore how healthcare configuration influences resource use	(n=320-355) Recruiting 239 residents for assessing NHS resource use, 35 residents, 18 relatives, 15 home staff (staff and managers), and 48 NHS professionals (community nurses, physicians, and allied health professionals). (Some residents might have been recruited for both resource use assessments and interviews)	Four care homes from 3 sites	Case studies along with a prospective cohort study	Interviews, focus group, and records of resource uses and health costs	Realist analysis and inferential statistical analysis	The interventions led by NHS for providing optimal health care delivery to care homes address unplanned hospital admissions, duration of hospital stay, use of out-of-hours services, medication use, and satisfaction of resident, carer, and staff	NHS		✓	✓
Gorenberg, J., Tierney, S., Wong, G. et al. Understanding and Improving Older People's Well-Being through Social Prescribing Involving the Cultural Sector: Interviews from a Realist Evaluation J Appl Gerontol. 2023	UK	To explain in what ways, for whom, and why the cultural sector can support social prescribing with older people	(n=53) Twenty-eight older people (aged 60+) and 25 cultural sector staff	Not specified	Mixed methods	Online meetings with stakeholders, A rapid realist review, A questionnaire completed by Link workers, and interviews with older adults and cultural sector staff	Realist logic analysis	Social prescribing is a non-clinical approach to addressing social, environmental, and economic factors affecting how people feel physically and/or emotionally. It involves connecting people to "community assets" (e.g., local groups and organizations)	NHS stressed the need of social prescribing as part of personalized care, and funded social prescribing link workers (LWs) to be attached to primary care.		✓	✓
Grace S, Horstmanshof L. A realist evaluation of a regional Dementia Health Literacy Project. Health Expect 2019.	Australia	To evaluate the Dementia Health Literacy Project using a realist evaluation framework	(n=48) Thirteen people (the Project Officer, one service provider, 11 people with dementia and their family/carers) and 13 members of social groups of older adults. Twenty-two clinicians who responded to the survey of feedback on the Dementia Support Kit.	North coast region of New South Wales	Descriptive qualitative design	Interviews, surveys, and documentary analysis	Not specified	Dementia Health Literacy Project adopted an experience-based co-design approach to design a Dementia Support Kit to provide useful information to people with dementia and their families and carers	Primary Health Network in the region		✓	✓

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Handley M, Bunn F, Goodman C. Supporting general hospital staff to provide dementia sensitive care: A realist evaluation. <i>Int J Nurs Stud</i> 2019.	UK	To explain the factors that support hospital staff to provide dementia-sensitive care and with what outcomes for patients with dementia.	(n=66) A total of 36 hospital staff (health care assistants, nurses, medical staff, allied health care professionals, and support staff), 28 patients with dementia, and 2 family carers of patients with dementia	Two NHS Trusts in the East of England	Two-site case study	Interviews, non-participant observation, review of medical notes, organisational document, and Neuropsychiatric Inventory Questionnaire	Thematic analysis and descriptive statistical analysis	The interventions aim to support hospital staff in providing dementia-sensitive care	Department of Health, whose priority policy is to improve dementia care in general hospitals	✓	✓	✓
Harding AJE, Hean S, Parker J et al. It can't really be answered in an information pack. A realist evaluation of a telephone housing options service for older people. <i>Soc Policy Soc</i> 2020.	UK	To report a qualitative realist evaluation on the efficacy of a UK telephone service providing information on specialist housing to older people	(n=20) Sixteen older people and 4 telephone service advisers	Not specified	A simple explanatory case study	Observations of key meetings, review of documents, focus groups, and interviews	Thematic analysis	UK telephone housing options service aims to provide information on specialist housing for older people	The national advice service' and the organisation that manages information directly on UK housing options for older people, funded by the UK government			✓
Haynes A, Gilchrist H, Oliveira JS, et al. Using realist evaluation to understand process outcomes in a COVID-19-impacted yoga intervention trial: A worked example. <i>Int J Environ of Environ Res Public Health</i> . 2021.	Australia	To provide a worked example of a realist process evaluation conducted in parallel with a randomised controlled trial of yoga classes for older adults aimed at preventing falls	(n=24) Twenty-one older adults who participated in the Successful AGEing (SAGE) yoga trial and 3 yoga instructors.	Not specified	Descriptive qualitative design	Interviews, review of post-intervention and participant feedback forms	Qualitative data analysis	SAGE yoga is an exercise program in which participants attend 40 weeks of twice-weekly yoga-based exercise classes designed to prevent falls or a seated yoga relaxation program	Not specified	✓	✓	✓
Hoens S, Smetcoren AS, Switers L et al. Community health workers and culturally competent home care in Belgium: A realist evaluation. <i>Health Soc Care Community</i> 2021.	Belgium	To investigate through a realist evaluation how the work training programme for 10 Community Health Workers (CHWs) contributed to culturally competent home care services	(n=25) Ten CHWs, 6 care employees, 2 trainers, and 7 project coordinators	Deprived urban areas in Brussels	Qualitative study	Interviews and focus groups	Thematic analysis	Work training programs with CHWs were developed to respond to the need of home care organisations to provide culturally competent care in a super-diverse neighbourhood	European Social Fund (ESF)project within which a work training programme for CHWs was developed			✓
Hurst H, Griffiths J, Hunt C, et al. A realist evaluation of the implementation of open visiting in an acute care setting for older people. <i>BMC Health Serv Res</i> 2019.	UK	To evaluate the implementation of open visiting, the barriers to implementation, sustainability, and the impact of open visiting on communication between healthcare professionals, families, and carers	(n=30) Medical, nursing, allied health professionals, patients, and relatives/ carers 47 questionnaires were completed	Two large acute medical wards for older people in the North of England	Descriptive qualitative design	Interviews and questionnaire	Descriptive analysis of pre-implementation questionnaires and qualitative data analysis for interviews	Open visiting refers to the principle that visiting hours are not restricted in the hospital setting, and relatives and carers can visit at any time	NHS Trusts	✓	✓	✓
Janssen MM, Vos W, Luijkx KG. Development of an evaluation tool for geriatric rehabilitation care. <i>BMC Geriatr</i> 2019.	Netherlands	To find out the elements with which the quality of daily Geriatric Rehabilitation Care (GRC) practice can be evaluated and improved and to translate this theoretical knowledge into a practical GRC evaluation tool that has added value for and is usable in GRC practice.	(n=10) Participants from 3 GRC organisations, including nurses, occupational therapists, speech therapists, elderly care physicians, coordinating nurses, GRC managers	Three GRC organisations from two different regions in the Netherlands	Qualitative study	Interviews, participation in expert meetings, and focus groups	Not specified	GRC is a multidisciplinary rehabilitation care for older and vulnerable clients who are admitted and need short-term rehabilitation in a nursing home	GRC organisations	✓		✓

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Jonsson F, Carson DB, Goicolea I, et al. Strengthening community health systems through novel ehealth initiatives? Commencing a realist study of the virtual health rooms in rural Northern Sweden. Int J Health Policy Manag 2022.	Sweden	To explore how and under what circumstances the so-called Virtual Health Rooms (VHRs) are expected to improve access to person-centred care and strengthen community health systems, especially for elderly residents of rural areas.	(n=8) Key stakeholders working with eHealth, business development, digitalisation, and process management	Norrland, rural northern Sweden	Descriptive qualitative design	Interviews	Thematic analysis	VHRs aim to improve access to person-centred care and strengthen community health systems in rural areas	The Centre for Rural Medicine	✓		✓
Kupeli N, Sampson EL, Leavey G, et al. Context, mechanisms and outcomes in end-of-life care for people with advanced dementia: family carers perspective. BMC Palliat Care 2019.	UK	To explore the context, mechanisms, and outcomes for providing good palliative care to people with advanced dementia residing in UK care homes	(n=14) Health and social care professionals, including healthcare assistants, care home managers, commissioners for older adults' services, and nursing staff.	Private care homes and services offered by the NHS	Descriptive qualitative design along with a prospective cohort study	Interviews, literature reviews, workshops with stakeholders, and information from an ongoing cohort study	Thematic analysis	End-of-life care for people with advanced dementia is expected to provide proactive and coordinated palliative care	Not specified	✓	✓	✓
Lawson S, Mullan J, Wong G, et al. Family carers' experiences of managing older relative's medications: insights from the MEMORABLE study. Patient Educ Couns. patient ed. 2022.	UK	To explore the burdens experienced by family carers who support older relatives to manage their medications at home through Medication Management in Older people: Realist Approaches Based on Literature and Evaluation (MEMORABLE)	(n=16) Family carers of older relatives	Not described in detail	Descriptive qualitative design	Interviews	Not specified	MEMORABLE aims to understand medication management from the viewpoint of older people living with co-morbidities treated with complex medication regimens, family carers, and health and care practitioners	Research institution			✓
Leamy, M., Sims, S., Levenson, R. et al. Intentional rounding: a realist evaluation using case studies in acute and care of older people hospital wards. BMC Health Serv Res.2023	UK	To test, refine or refute eight programme theories to understand what works, for whom, and in what circumstances.	(n=138+a) Board level and senior nursing managers (N = 17), nursing ward staff (N = 33), allied health and medical professionals (N = 26), patients (N = 34) and relatives (N = 28)	Six wards (older people and acute wards) in three NHS trusts in England.	Mixed methods design	Synthesis, survey, interviews, non-participant observations, and analysis of ward outcome and cost data	Framework analysis	Intentional rounding is to provide quality care to patients and families – and to validate that this level of care is occurring with every patient, every time.	The Francis Inquiry pinpointed serious errors in patient care at the Mid Staffordshire NHS Trust.	✓	✓	✓
Leighton, P. A., Darby, J., Allen, F.A et al realist evaluation of a multifactorial falls prevention programme in care homes Age Ageing. 2022	UK	To identify those contexts where GtACH is easily adopted and recognise those mechanisms that lead to positive outcomes, specifically considering fidelity with training and delivery, acceptability to stakeholders, and impact upon falls rate.	(n=88) Seven managers, 4 deputy managers, 1 care home employed nurse, 3 Falls Champions, 1 unit manager, 22 senior caring staff, 38 caring staff, 6 residents, and 6 Falls Leads.	Six care homes	Mixed methods	Fidelity observations, stakeholder interviews, focus groups, documentary review, and falls-rate data	Thematic analysis and descriptive analysis	The Guide to Action in Care Homes programme (GtACH) is a multi-factorial falls prevention programme for care homes	Clinical experts and academics with the involvement of Rushcliffe Falls Prevention and Research Group	✓	✓	✓
Lewis A, Harvey G, Hogan M, et al. Can oral healthcare for older people be embedded into routine community aged care practice? A realist evaluation using normalisation process theory. Int J Nurs Stud 2019.	Australia	To evaluate the extent to which the intervention has been embedded and sustained into routine community aged care practice 3 years after the initial implementation project	(n=14) Twelve staff members from corporate, management, and direct care positions and 2 consumers representing high and low-care recipients	Metropolitan and country sites in South Australia	Single case study	Interviews and documentary review	Thematic analysis	Better Oral Health in Home Care aims to improve the oral health of older people receiving community aged care services	The South Australian Dental Service	✓		✓
Lhussier M, Dalkin S, Hetherington R. Community care for severely frail older people: developing explanations of how, why and for whom it works. Int J Older People Nurs 2019.	UK	To develop an initial explanatory (programme) theories to enhance understanding of the Community Well Team (CWT), whom it works for and in which circumstances	(n=12) Five severely frail older patients and 7 CWT members	Rural areas with dispersed small villages and market towns in the north of England	Descriptive qualitative design	interviews, focus groups, medical case notes, literature review	Realist analysis	CWT provides integrated and comprehensive care for severely frail patients aged 75 or older to reduce avoidable hospital admissions and enable home living for longer	National policy directives to support older people in the community	✓		✓

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Liu, H. M., Massi, L., Laba, T.L. et al Patients' and Providers' Perspectives of a Polypill Strategy to Improve Cardiovascular Prevention in Australian Primary Health Care: A Qualitative Study Set Within a Pragmatic Randomized, Controlled Trial. <i>Circulation-Cardiovascular Quality and Outcomes</i> . 2015	Australia	To explore health provider and patient attitudes toward the use of a cardiovascular polypill as a health service strategy to improve cardiovascular prevention	(n=94) Forty-seven providers (25 general practitioners [GPs], 13 pharmacists, 6 Health Workers, and 3 Chronic Care Nurses) and 47 patients in New South Wales, Queensland, and Victoria. Twenty-two and 25 patients were in the polypill arm and usual arm, respectively.	Urban, rural, and remote settings in Australia	Mixed methods	Interviews Measuring self-reported medication use and changes in biological markers of changes in systolic blood pressure and total cholesterol.	Thematic analysis Inferential statistical analysis	Polypill-based strategy for high-risk primary and secondary cardiovascular disease prevention.	Not specified		✓	✓
Lovink MH, Laurant MGH, van Vught AJ, et al. Substituting physicians with nurse practitioners, physician assistants or nurses in nursing homes: a realist evaluation case study. <i>BMJ Open</i> 2019.	Netherlands	To gain insight into how the substitution of elderly care physicians (ECPs) by nurse practitioners (NPs), physician assistants (PAs), or registered nurses (RNs) in nursing homes is modelled in different contexts and what model in what context contributes to perceived quality of healthcare	(n=146) Three NPs; 2 PAs; and 2 RNs in 7 different nursing homes 15 ECPs; 2 Medical doctors (MDs); 11 managing directors/managers/supervisors; 33 nursing team members; and 78 residents/relatives	Seven nursing homes	Multiple case study	Interviews, observations, questionnaires, and collecting internal policy documents	Cross-case analysis	Substitution of physicians with NPs, PAs, or RNs aims to maintain quality nursing home care by achieving as least as a good resident and process of care outcomes as care provided by physicians	Not specified	✓	✓	✓
Martin P, Tannenbaum C. A realist evaluation of patients' decisions to deprescribe in the EMPOWER trial. <i>BMJ Open</i> 2017.	Canada	To test the mechanism during Eliminating Medications Through Patient Ownership of End Results (EMPOWER) trial and investigate the contexts that led to positive or negative deprescribing outcomes	(n=261) Older chronic benzodiazepine consumers who received the EMPOWER intervention and had complete 6-month follow-up data	Montreal urban area in Quebec	Mixed methods, conducted alongside the EMPOWER (RCT)	Interviews and questionnaire	Thematic analysis and descriptive statistical analysis	EMPOWER includes a self-assessment and presentation of the evidence-based risks related to benzodiazepine use in an effort to elicit cognitive dissonance, and it provides a self-guided tapering schedule	Université de Montréal, Institut Universitaire de Gériatrie de Montréal, Canadian Institutes of Health Research, and Canadian Deprescribing Network	✓	✓	✓
Masterson-Algar P, Burton CR, Rycroft-Malone J, et al. Towards a programme theory for fidelity in the evaluation of complex interventions. <i>J Eval Clin Pract</i> 2014.	UK	To address the challenge of investigating fidelity in the implementation of a complex rehabilitation intervention designed to increase the level of independence in personal activities of daily living of stroke patients living in UK care homes	(n=17) Occupational therapists(OTs)	Care homes	Descriptive qualitative design	Interviews and review of clinical incident reports from the trial	Not specified	Occupational Therapy in Care Homes (OTCH) aims to enhance independence in the activities of daily living (ADLs) of patients living with stroke	Team of trial occupational therapists	✓	✓	
McConnell T, O'halloran P, Donnelly M, et al. Factors affecting the successful implementation and sustainability of the Liverpool Care Pathway for dying patients: a realist evaluation. <i>BMJ Support Palliat Care</i> 2015.	UK	To identify the influences that facilitated or hindered the successful Liverpool Care Pathway (LCP) implementation	(n=24) Two policymakers and 22 participants with experience and/or involvement in the LCP (3 palliative care consultants, 3 previous LCP facilitators, 2 service managers, 4 medical consultants, 4 ward sisters, 4 staff nurses, and 2 junior doctors)	One health and social care trust in Northern Ireland	Case study	Interviews	Thematic analysis	LCP aims to improve best practices in end-of-life care recommended for use in all care settings	Cancer and Specialist Services, and Acute Services, with a focus on two hospital wards from each service group			

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McNeil-Gauthier, A. L., Milot, D. M., Levasseur, M. How environments can promote active aging: results from a case study of two municipalities in Quebec, Canada Can J Public Health. 2023	Canada	To explore: "How can environments foster active aging?"; that is, through which mechanisms and in what contexts can environments and their components facilitate positive health, social participation, and health equity in older adults?	(n=24) (Nine older adults, 4 health professionals, 3 community-based actors, 5 municipal employees, and 3 elected officials)	Two municipalities in Quebec	Mixed methods including multiple qualitative case study	Focus groups, participants' logbooks, sociodemographic questionnaires, municipalities' sociodemographic profiles, and policy documents.	Framework and thematic content analysis	Aging-friendly environment which consists of eight components is designed to facilitate positive health, social participation, and health equity in older adults	World Health Organization	✓	✓	✓
Newbould L, Ariss S, Mountain G et al. Exploring factors that affect the uptake and sustainability of videoconferencing for healthcare provision for older adults in care homes: a realist evaluation. BMC Med Inform Decis Mak 2021.	UK	To explore factors affecting the uptake and sustainability of videoconferencing in care homes, to establish what works for whom, in which circumstances and respects	(n=25) Residents, relatives, managers, nurses, senior care assistants, night nurses, care assistants, deputy managers, day care assistants, night care assistants, team leaders, and activity coordinators	Three care homes in Yorkshire and the Humber	Grounded theory approach	Interviews	Thematic analysis	Videoconferencing removes geographical barriers to care, improves the continuity of care and access for those with physical disabilities, and allows the assessment of residents before a possible admission to the hospital	Forty-four Clinical Commissioning Groups (CCGs) with a fund of NHS England	✓		✓
Ofosu, E. F., De Nys, L., Connelly, J. et al A realist evaluation of the feasibility of a randomised controlled trial of a digital music and movement intervention for older people living in care homes BMC Geriatr. 2023	UK	To uncover influencing factors of a feasibility study implementation to inform how a digital music and movement programme would work and under what circumstances this would be most effective	(n=49) Older adults (aged 65 years +)	Ten care homes in Scotland	Mixed methods with pre- and post-intervention collection of quantitative and qualitative data	Focus groups with staff and interviews, questionnaire	Inferential statistical analysis	Digital music and movement programme	Care home activity coordinators.	✓	✓	✓
Pals RA, Olesen K, Willaing I. What does theory-driven evaluation add to the analysis of self-reported outcomes of diabetes education? A comparative realist evaluation of a participatory patient education approach. Patient Educ Couns. patient ed. 2016.	Denmark	To explore the effects of the Next Education (NEED) patient education approach in diabetes education	(n=251) Participants were at eight intervention sites (n=193) and six control sites (n=58). Of them, 29 participants were interviewed.	Not specified	Quasi-experimental study	Interviews, observations, and questionnaires	Descriptive statistical analysis, inferential statistical analysis, and systematic text condensation	NEED supports educators in tailoring patient education to the needs and challenges of individual participants living with diabetes and to ensure that participants engage in dialogue with peers as well as educators	Steno Diabetic Center	✓	✓	✓
Parker J, Mawson S, Mountain G, et al. Stroke patients' utilisation of extrinsic feedback from computer-based technology in the home: a multiple case study realistic evaluation. BMC Med Inform Decis Mak 2014.	UK	To describe the application of an innovative evaluative methodology to explore the utilisation of feedback for post-stroke upper-limb rehabilitation in the home and refine the underpinning theories embedded within the self-Management Supported by Assistive, Rehabilitation and Telecare Technologies (SMART) system	(n= approx.20) Five residents with stroke, their carers, 7 physical therapists, and 7 occupational therapists	Not specified	Multiple case study	Interviews, focus groups, observations, and review of documents and materials such as video replay and Nottingham Extended Activities of Daily Living (NEADL)	Thematic framework analysis and descriptive statistical analysis	SMART rehabilitation technology system monitors and tracks the upper arm rehabilitation movements in real time by enabling the user to adopt theories and principles underpinning post-stroke rehabilitation and self-management	Community Stroke teams with The Engineering and Physical Sciences Research Council (EPSRC) that funded SMART Rehabilitation research programme	✓	✓	✓

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Author(s), Title, Journal, and Year of Publication.	Country	Aims/Purposes	Participants and Sample size	Settings	Study Design	Data Collection Methods	Data Analysis Methods	Interventions Name and the Contents	Intervention Providers	IPTs	Mixed-Methods	CMOs
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Rehman, S., Likupe, G., McFarland, A., et al Evaluating a brief intervention for mealtime difficulty on older adults with dementia Nurs Open. 2023	UK	To test a spaced retrieval intervention using spaced retrieval to alleviate mealtime difficulties in older people with dementia	(n=8) Older people with Alzheimer's disease	Nursing Homes in North Central England	A single-case experimental design	Survey data from EdFED (Edinburgh Feeding Evaluation in Dementia), MNA-SF (Mini Nutritional Assessment-Short Form), BMI (Body Mass Index), and economic costings	Inferential statistical analysis	A brief intervention for mealtime difficulty on older adults with dementia to increase the amount of food eaten and to improve body mass index.	Not specified			
Sanerma P, Paavilainen E, Åstedt-Kurki P. Home care services for older persons. The views of older persons and family members: A realistic evaluation. Int J Older People Nurs 2020.	Finland	To evaluate person-centred care in older person's home care services from the perspective of older adults and family members, using realistic evaluation methods	(n=13) Six older persons of home care and 7 family members	The centre of a big city and a rural environment	Descriptive qualitative design	Interviews	Content analysis	Home care services help the older person to cope at home when it is feasible and in the older person's interest and to support the older adults' individual lives at home	Not specified			✓
Sattar Z, Wilkie S, Ling J. The impact of a refurbishment programme on older people living in sheltered housing. Hous Care Support 2021.	UK	To explore residents' perceptions of a refurbishment program to sheltered housing schemes and its impact on their well-being	(n=45) Residents living in each Extra Care Housing (ECH)	Nine ECH schemes	Qualitative study	Interviews and participatory appraisals	Thematic analysis	ECH schemes fall within the specialist housing characterised by shared facilities and activities	Not specified	✓		
Schnabel, S., van Wijck, F., Kidd, L. Supporting stroke survivors to meet their personal rehabilitation needs in community-based arm rehabilitation: development of initial programme theories to explore what may work for whom, how and under what circumstances Frontiers in Neurology.2023	UK	To explore what worked for whom, how and under what circumstances in a community-based augmented arm rehabilitation programme that was designed to enable stroke survivors to meet their personal rehabilitation needs	(n=17) Stroke survivors	Scotland (the details were not described)	Mixed methods	Interviews and survey data of Action Research Arm Test, Motricity Index, Grip force, COPM, Numerical Pain Rating Scale, Motor Activity Log, Stroke Impact Scale, and the Hospital Anxiety and Depression Scale	Not specified	Community-based augmented arm rehabilitation programme that was designed to enable stroke survivors to meet their personal rehabilitation needs	Therapists	✓	✓	
Sheaff R, Sherriff I, Hennessy CH. Evaluating a dementia learning community: exploratory study and research implications. BMC Health Serv Res 2018.	UK	To analyse the impact of different governance approaches adopted by the local networks in England to reduce unplanned inpatient bed-days for people aged 75 and over	(n=38) Staff working in NHS, local authority social care, and third sector	Nine sites in the UK	Descriptive qualitative design	Document analysis and structured questionnaire	Analysis of the structured questionnaire and content analysis	Improving the Future for Older People initiative (IFOP) aims to enhance older people's quality of life by reducing bed usage and admissions without compromising continuity of care or positive experiences of discharge	A group of nine councils with their NHS and third-sector partners	✓	✓	
Sheaff R, Windle K, Wistow G, et al. Reducing emergency bed-days for older people? Network governance lessons from the 'Improving the Future for Older People' program. Soc Sci Med 2014.	UK	To make a preliminary exploratory attempt to evaluate the Dementia Learning Community (DLC) empirically, assess how far the model has been implemented and its effects, and elicit, test, and refine the underlying 'theory-in-use' logic model of how a DLC works.	(n=1161) Thirteen intervention homes comprising 330 residents and 245 staff, and 10 control homes comprising 288 residents and 298 staff	Care homes in England	Mixed methods including RCTs and ethnography	Interviews, questionnaires, and field notes	Inferential statistical analysis and thematic analysis	DLC Logic model aims to reduce unplanned hospital admissions from care homes of those with dementia by training staff, changing work routines, improving quality of life, and reducing demands on external services	The national government	✓	✓	

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Silva BB, Fegadolli C. Implementation of pharmaceutical care for older adults in the Brazilian public health system: a case study and realistic evaluation. BMC Health Serv Res 2020.	Brazil	To evaluate the implementation of Ambulatory Care Pharmacy services for older adults at Paulista Institute of Geriatrics and Gerontology (IPGG), which is recognised in the city of São Paulo for offering pharmaceutical care services for over 10 years continuously	(n=14) Eleven health professionals (pharmacists, members of the multi-professional team, management board of IPGG, members of the medical team, and so on), and 3 pharmaceutical care service users	Geriatrics and Gerontology Institute of São Paulo (known as IPGG)	Case study	Interviews, participant observations, and reviews of institutional documents	Thematic analysis	Ambulatory Care Pharmacy services for older adults offers pharmaceutical care services for over 10 years continuously, and this initiative and process is independent of external academic interventions or educational institutions	IPGG		✓	✓	✓
Steven A, Wilson G, Young-Murphy L. The implementation of an innovative hydration monitoring app in care home settings: A qualitative study. JMIR MHealth UHealth 2019.	UK	To examine the implementation of Hydr 8 in a sample of care homes in one area of England	(n=28) Twenty-one care staff members, 5 management, 1 administrative assistant, and 1 registered nurse staff	Care homes within one CCG locality in the North of England	Qualitative study	Interviews and observations	Thematic analysis	Hydr 8 aims to facilitate accurate recording and communication of residents' fluid intake and ultimately increase care quality and patient safety	Care homes collaborated with Elaros, North Tyneside Clinical Commissioning Group, and the Academic Health Science Network North East and North Cumbria				
Taylor J, Barker A, Hill H, et al. Improving person-centered mobility care in nursing homes: A feasibility study. Geriatr Nurs 2015.	Australia	To evaluate the feasibility of an intervention to improve person-centred mobility care during resident transfers and to estimate sizes for a randomised controlled trial	(n=63) Twelve residents and 51 staff (carer, nurse supervisor, lifestyle staff, MH trainer, nurse, manager, physiotherapists)	Ninety-bed nursing home with 3 high care units, including one dementia-specific, in Melbourne	Mixed methods in a parallel design	Surveys (pre-post design) and focus groups	Thematic analysis and descriptive statistics	The intervention is a multi-faced training intervention focused on person-centred mobility care that contributes to the resident's independence and quality of life, assisted by multidisciplinary facilitators and a dance therapist	Two researchers conducted the intervention.			✓	✓
Thijssen, M., Graff, M. J. L., Lexis, M. A. S., et al. Collaboration for Developing and Sustaining Community Dementia-Friendly Initiatives: A Realist Evaluation. Int J Environ Res Public Health. 2023	Netherlands	To test and refine an initial theory about collaborating for DFIs with special attention for the involvement of people with dementia and their carers during the collaboration for DFIs.	(n=66) Healthcare and social-work professionals, Volunteers/community members, Entrepreneurs, Policy officers, Carers of people with dementia, and, People with dementia	Four Dutch municipalities that have ambitions to become dementia-friendly communities	participatory case study design	focus groups, observations, reflections, minutes from meetings, and exit interviews	Not specified	Dementia-friendly initiatives (DFIs) which are an important block to building Dementia-friendly communities (DFCs) seen as key to the inclusion and participation of people with dementia and carers.	(Local) government		✓		✓
Tolson D, McIntosh J, Loftus L, et al. Developing a managed clinical network in palliative care: a realistic evaluation. Int J Nurs Stud 2007.	UK	To evaluate, refine and inform the ongoing development of the Managed Clinical Network (MCN) (coordinated approach to inter-disciplinary care), and to reflect on the merits and limitations of using realistic evaluation as a formative design and describe how we identified the most effective configuration of CMO to develop the best practice model for the MCN.	Not specified Three older men, their families, doctors, and nurses providing direct care participated, along with 13 members of the network management group.	Rural primary care setting in Scotland	Case studies	Interviews and review of documents, including flip chart notes, diagrams, individual notes, and facilitator field notes	Constant comparative analysis	MCN is a linked group of health professionals and organisations from primary, secondary, and tertiary care working in a coordinated manner, unconstrained by existing professional and service boundaries, and aims to implement a guideline concerned with the care of individuals with cancer-related pain	The Scottish Executive Health Department				✓

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Wiechula R, Kitson A, Marconi D et al. Improving the fundamentals of care for older people in the acute hospital setting: facilitating practice improvement using a Knowledge Translation Toolkit. <i>Int J Evid Based Healthc</i> . 2009.	Australia	To develop and implement a structured intervention known as the Knowledge Translation (KT) Toolkit to improve the fundamentals of care for the older person in the acute care sector	(n=42-70) Health professionals in the acute care facility (7 teams ranging from 6 to 10 members)	Large tertiary acute care hospital in a central metropolitan location	Secondary analysis	Routine data from local audits and safety and quality reports as pre- and post-measures of any improvements in practice	Not specified	KT Toolkit improves the fundamentals of care for the older person in the acute care sector	State policy initiatives on improving the care of older people	✓		
Wye L, Lasseter G, Percival J et al. What works in 'real life' to facilitate home deaths and fewer hospital admissions for those at end of life?: results from a realist evaluation of new palliative care services in two English counties. <i>BMC Palliat Care</i> 2014.	UK	To add to the evidence base of applied examples by presenting findings from a realist evaluation of a major service re-configuration of end-of-life care services known as 'Delivering Choice'	(n=148) Forty-three family carers and service users, 11 staff delivering or managing Delivering Choice services, and 94 staff eligible to use the services, including those who did and did not refer	North Somerset and Somerset	Descriptive qualitative studies, along with the retrospective cohort study	Interviews, observations, and review of documents and database.	Content analysis and framework analysis	Delivering Choice has 19 projects running across England and Scotland and works with local providers and commissioners to develop 24-hour end-of-life care services to meet local needs	Local professionals from the NHS and local authorities, clinicians, and managers from the acute, primary, and community sectors, hospice staff, and a small local Marie Curie Cancer Care-funded team		✓	✓