Phase 1: Development of a checklist, identification of evidence-based recommendations

Phase 2: Identification and prioritization of determinants

Phase 3: Identification of strategies addressing determinants

Phase 4: Final selection of strategies/design of an implementation program

Tailoring in the developmental phase

Adaption (Tailoring in the delivery phase)

Tailoring at the practice level

Tailoring at the practitioner level

Tailoring at the patient level