Enhanced Community Care

Supporting Healthcare Professionals in Talking about Overweight and Obesity

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PROJECT BACKGROUND

- Obesity is a chronic disease in which excess body fat impairs health[1].
- Despite increased recognition, obesity remains underdiagnosed and under treated[2].
- Many healthcare professionals do not feel equipped to have conversations about weight and health, leading to unhelpful interaction between patients and health care professionals relating to obesity[2].
- People living with obesity face substantial bias and stigma in healthcare settings, which contribute to increased morbidity and mortality independent of body weight[1].
- It is recommended that obesity education is available for all healthcare professionals (HCPs) in Ireland, including brief intervention training[3,4]
- Making Every Contact Count (MECC) is a HSE programme that supports healthcare professionals to take the opportunity during their daily contacts to support patients to make lifestyle changes that help prevent chronic disease and promote self management of existing chronic disease.
- In 2021, the Obesity NCP commenced design of a training module as part of MECC to support HCPs in having helpful conversations about weight and health during brief interventions with their patients.

AIMS AND OBJECTIVES

The project aim was to develop an online training module with resources to support HCPs to have helpful and non-stigmatising conversations about weight an health with their patients.

Objectives:

1. To develop an online MECC module available on HSELand
2. To review and update existing resources that HCPs can use with patients to support them with behaviour change related to weight and health
3. To develop resources for MECC participants and trainers on the Talking about Weight MECC module.

STAKEHOLDERS

The MECC Expert Working Group (EWG) of the Obesity National Clinical Programme included to following disciplines:

- Dietetics
- Endocrinology
- Nursing
- Physiotherapy
- Occupational Therapy
- GP
- Psychology
- Patient Representatives
- Health and Wellbeing
- Public Health Nutrition

ACTIONS AND TASKS COMPLETED

Development

- Multidisciplinary expert working group established
- Content planning workshop delivered and evidence based content plan developed
- Module developers and EWG signed off content plan

Storyboard

- PowerPoint storyboard developed by module creators, this was reviewed and signed off by EWG

AudioVideo Production

- Video script demonstrating MECC brief intervention for overweight and obesity was developed and signed off by EWG
- Pre production and audio visual recording completed
- Final audiovisual production signed off
- Audio soundbites from members of the EWG were developed and recorded to include in the final module

Module Build

- Module developers build module including all functionality, links, audiovisual content which was reviewed and signed off by EWG

Participant Resource Pack

- MECC trainer and participant resource pack content was updated to support the Obesity module

Talking about Weight Booklet

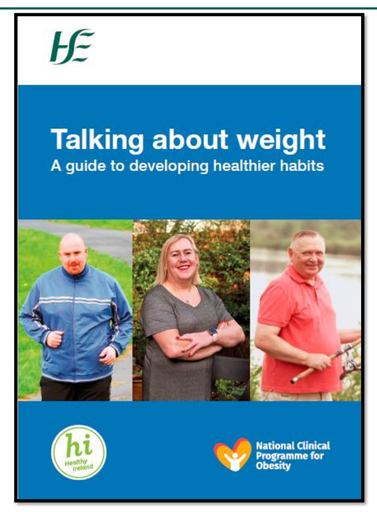
- The existing HSE Talking about Weight booklet was reviewed to support the new module

OUTPUTS

The four key outputs from this project were as follows:



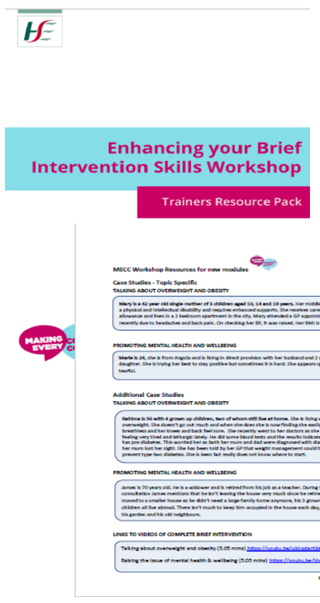
1. Talking about Overweight and Obesity Module



2. Talking about Overweight and Obesity Booklet



3. Overweight and Obesity MECC Participant Resource Pack



4. Overweight and Obesity MECC Trainer Resource Pack

IMPACT

- The Talking about Overweight and Obesity MECC module was launched in June 2022.
- As of July 2023, **3029** participants completed the online module via HSEland.
- Of these, 1424 completed additional face to face training.
- From June 2022-June 2023, 536 'Talking about Weight' booklets were ordered from www.healthpromotion.ie.
- Enhanced Community Care aims to maximise the use of community resources to keep people well.
- Many HCPs feel ill-equipped with the language and skills to raise the topic of weight, and many patients would like to have this conversation.
- Completing this training and having resources available helps HCPs have more helpful, less stigmatising conversations and promotes self-management of overweight and obesity.

ACKNOWLEDGEMENTS

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REFERENCES

1. Breen et al (2022). Obesity in Adults: A 2022 Adapted Clinical Practice Guideline for Ireland. Obesity Facts, 15, 736-752.
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4. Obesity National Clinical Programme (2020). The Model of Care for the Management of Overweight and Obesity in Childre, Young People and Adults in Ireland. Available from: https://www.hse.ie/eng/about/who/cspd/ncps/obesity/model-of-care/ Accessed 28.08.23.

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