

UNSW research centre for **primary health care and equity**

Integrating the management of lifestyle risk factors into routine primary health care practice: A feasibility study

**Rachel Laws on behalf of the Community Health
SNAP Project Team**

Funded by the
NSW Department of Health



Research Centre for
Primary Health Care and Equity
Research that makes a difference



Background

- Lifestyle risk factors main preventable risk factors for chronic disease
- Research evidence, guidelines and policy support PHC as suitable setting to address lifestyle risk factors
- BUT lack of translation research – how to integrate risk factor management into routine service provision



Community Health Risk Factor Management Research Project

- Feasibility study to develop and test models of risk factor management in community health services (CHS)
- **Aim:** To increase capacity of CHS to address **SNAP** risk factors as part of **routine work**
- Funded by NSW Health, managed by CPHCE, UNSW



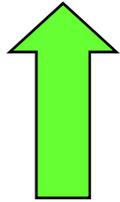
Setting

- Collaborative study with 2 Area Health Services and 3 community health teams in NSW
- **Team 1:** generalist community nursing team in metropolitan area (n=35)
- **Team 2:** multi-disciplinary community health team in a rural area (n=15)
- **Team 3:** primary health care team servicing rural and remote communities (n=10)



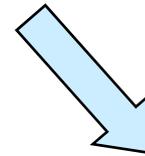
Project Overview

Lessons for dissemination



Needs Assessment

Planning/ diagnosing



Model Development

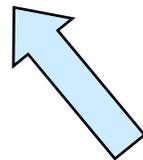
Action planning

Evaluation / Reflection

Appropriateness of models

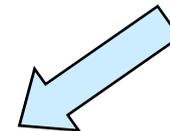
Factors influencing implementation & sustainability

Change in practice

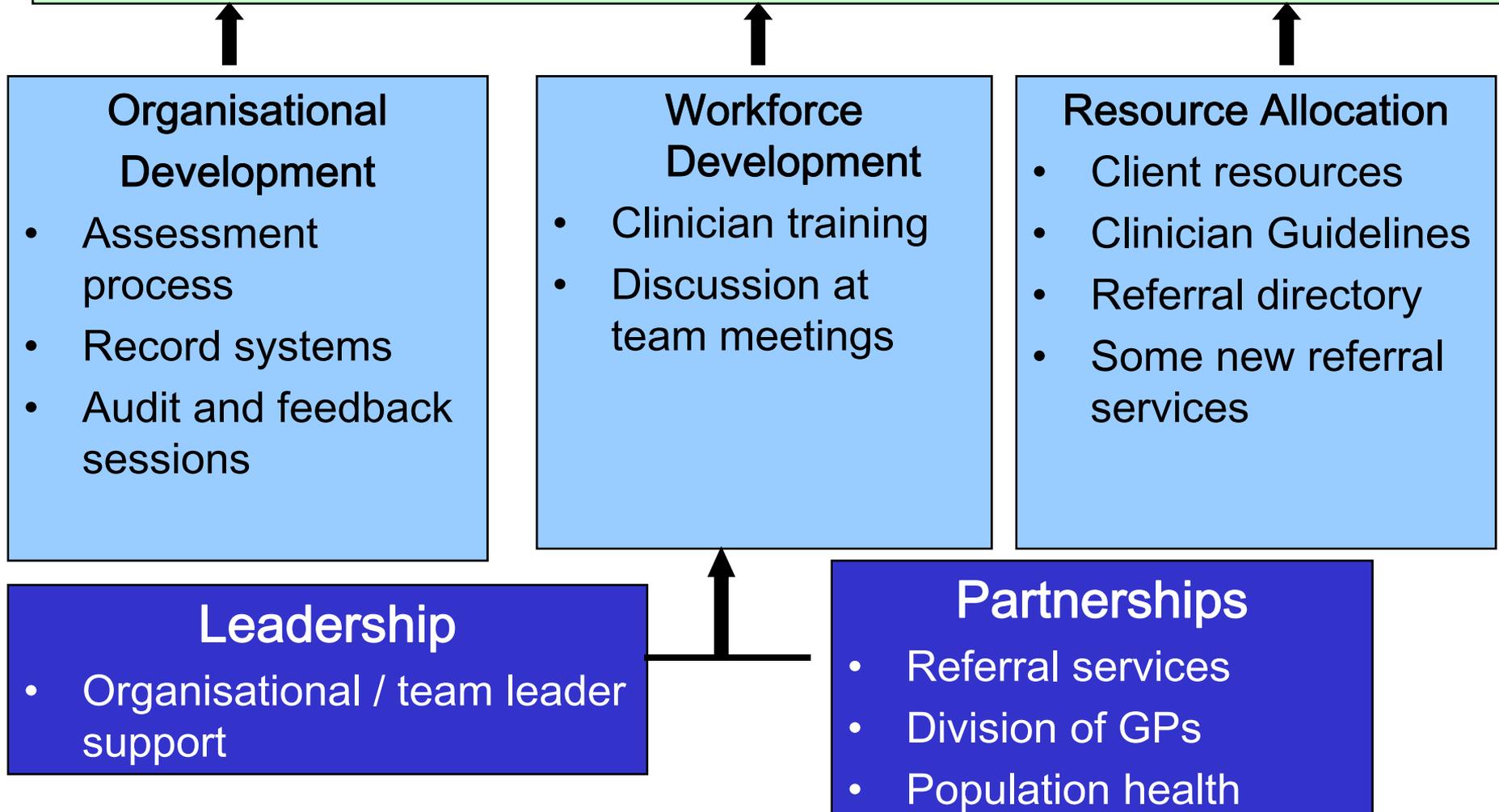


Implementation of models

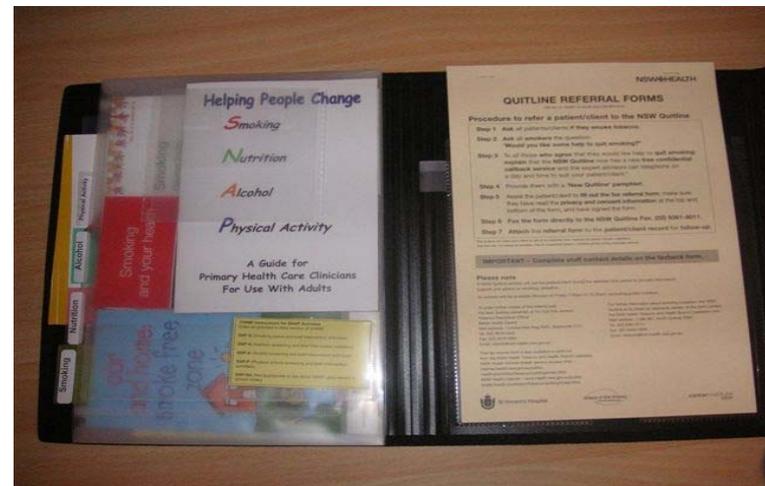
Action Taking



↑ Capacity to address Lifestyle Risk Factors



Capacity Building Intervention





Impact of the Project

Knowledge and attitudes

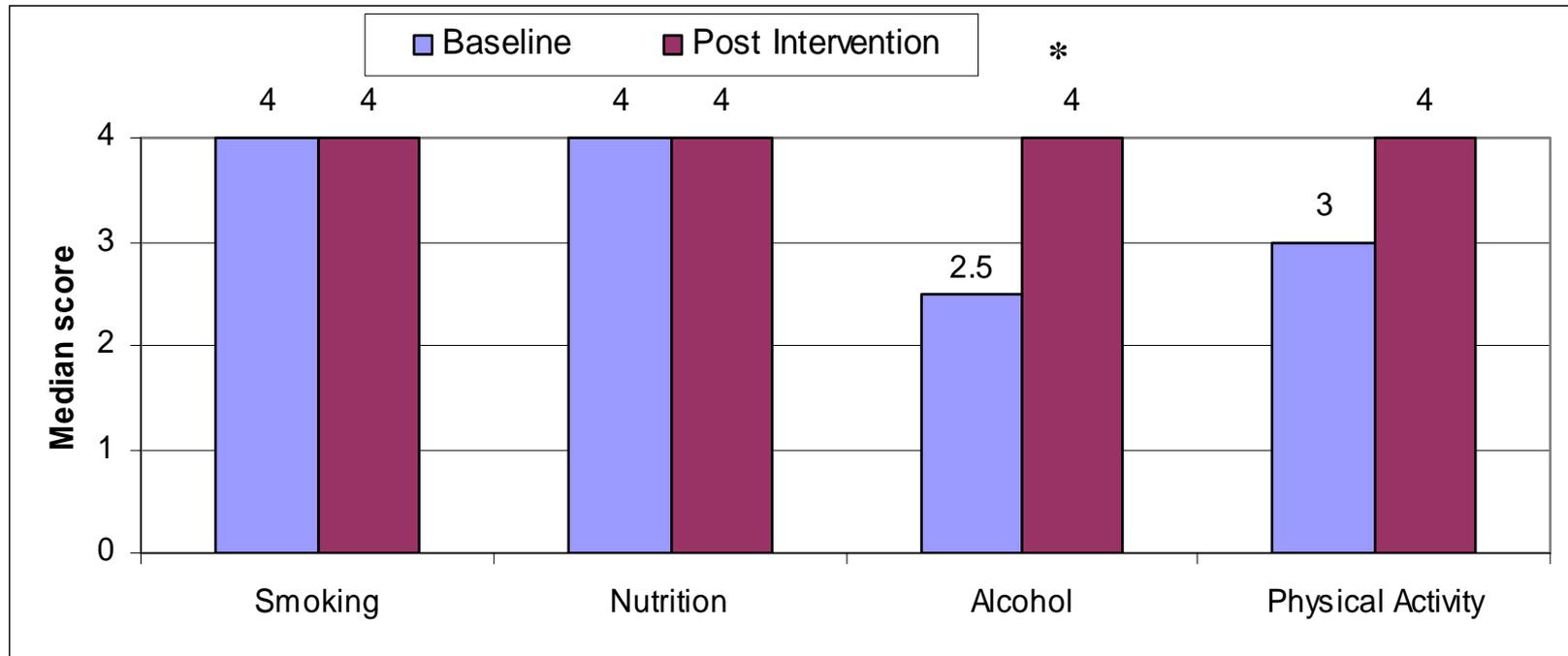
- Significant increase in knowledge / confidence
- Positive changes in some attitudes: client acceptability, perceived effectiveness
- No significant change in work priority ratings

Approach to addressing risk factors:

- Formalised and expanded an existing but partly under-developed clinical process
- Raised clinicians' awareness of the importance of discussing risk factors with community health clients.
- Increased clinician confidence to offer interventions- Having something to offer
- Enhanced quality of intervention provided

Change in Screening Practices

Median Screening Score (max score = 4)

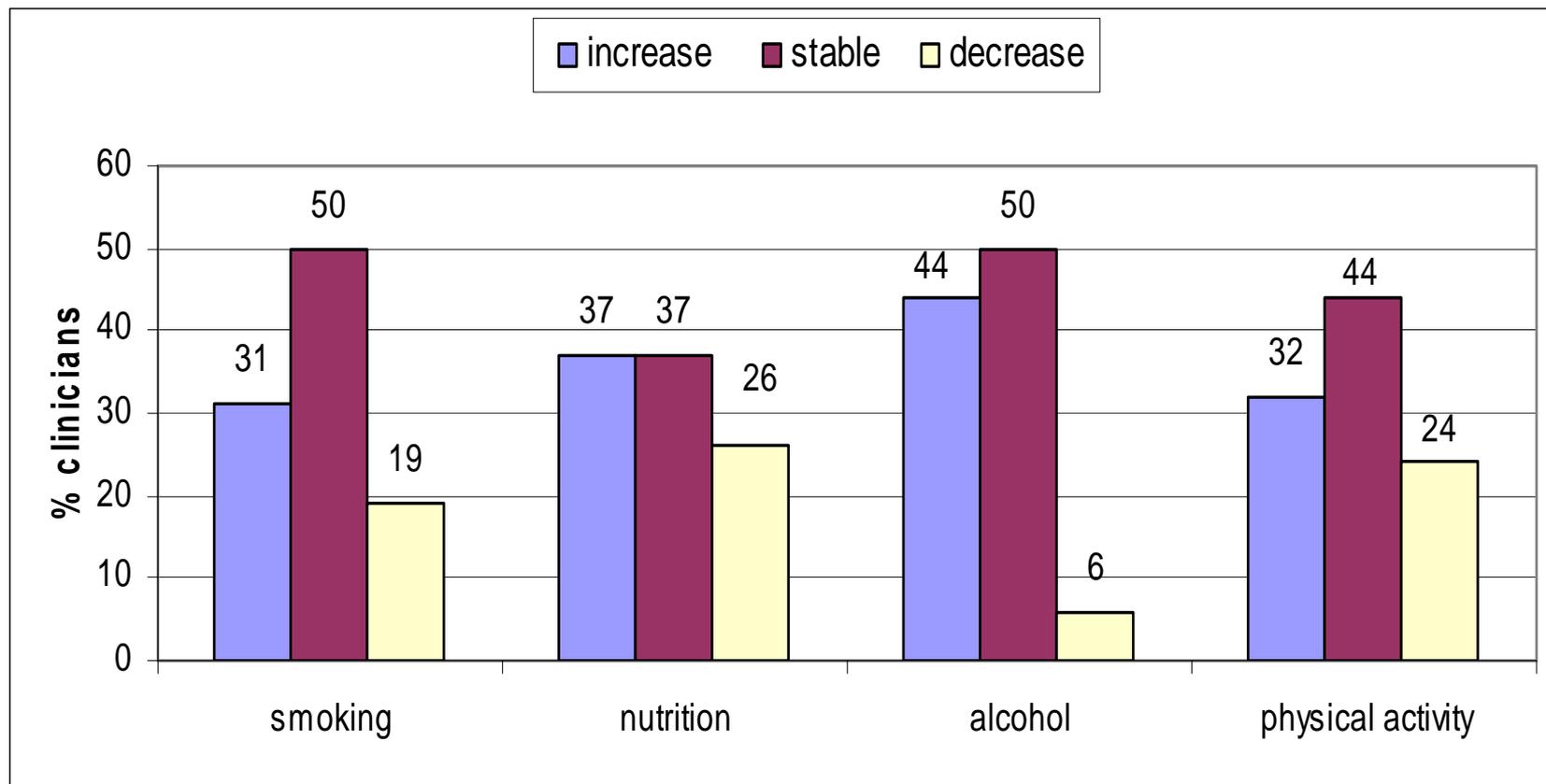


0= no clients, 1= 1-25%, 2=26-50%, 3=51-75%, 4=>75% clients

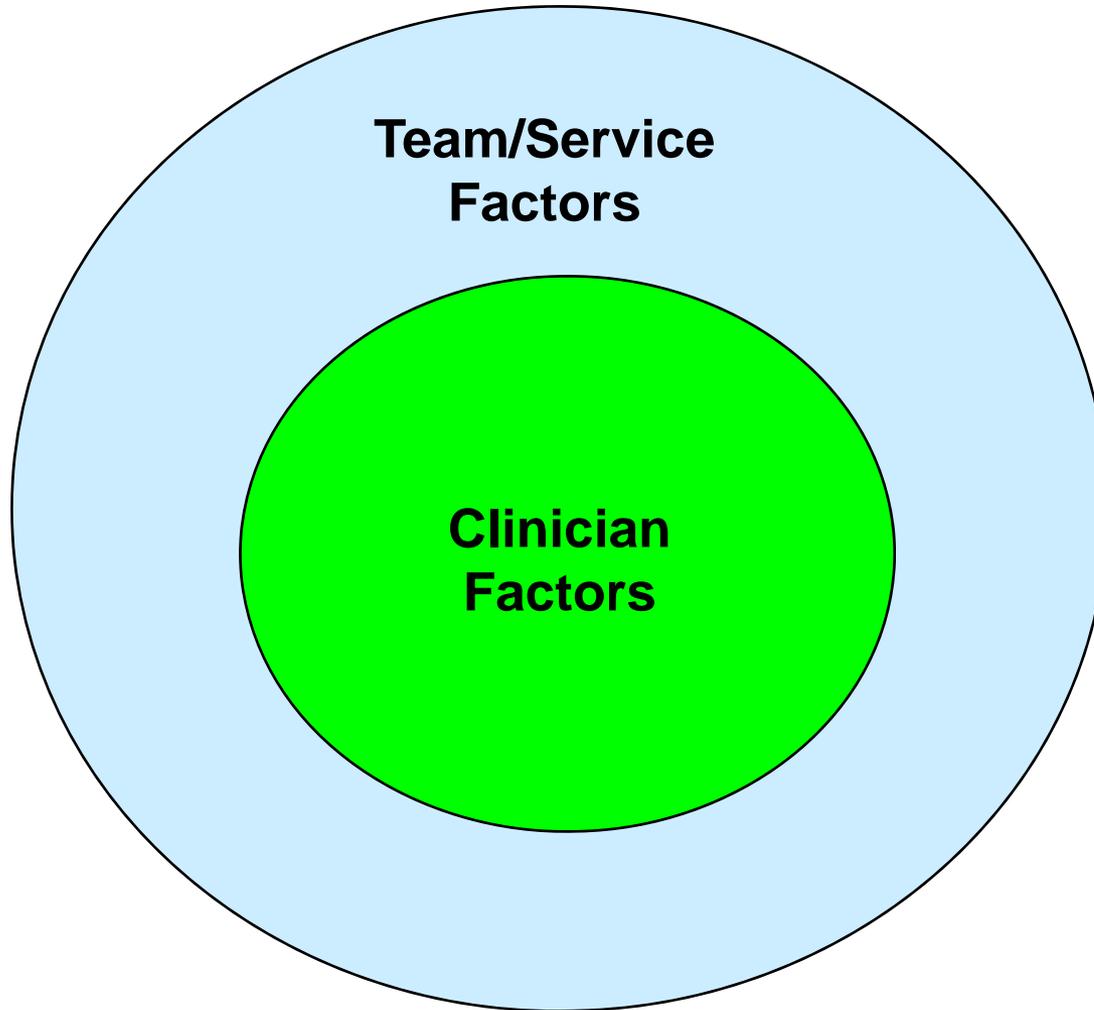
over past 2 weeks

* $P < 0.05$ for alcohol

Change in Intervention Scores



What was most important in Influencing uptake?





Scope to Make A difference

I'm just thinking of a few interventions .. They've been quite positive things really where we felt that we were achieving something.. Like helping to set goals (nurse)

you think what a waste of time like he's going to keep drinking or he's going to keep smoking or he's not interested in doing more exercise.. so it's hard in that respect (nurse)



Team and organisational Factors

- **Fit with clinician role and way services are delivered**

“increased focus on provision of post acute care that certainly is a key challenge I think because while we are trying to do projects like this..having to take more things over from hospitals so the acuity is going up so it’s a real balancing act between the two I think.” (manager)

Conclusion

Changing clinician practices is likely to take time and require sustained system level support in order to make risk factor management 'core business' for community health services.

Next Steps

- Efficacy trial of SNAP interventions in community nursing services
- To Commence in 2009

Acknowledgement

- NSW Health & Participating Area Health Services

- **Community Health SNAP Project Team:**

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