

Enhancing physical activity in patients and equipping nurses to deliver a behaviour change intervention

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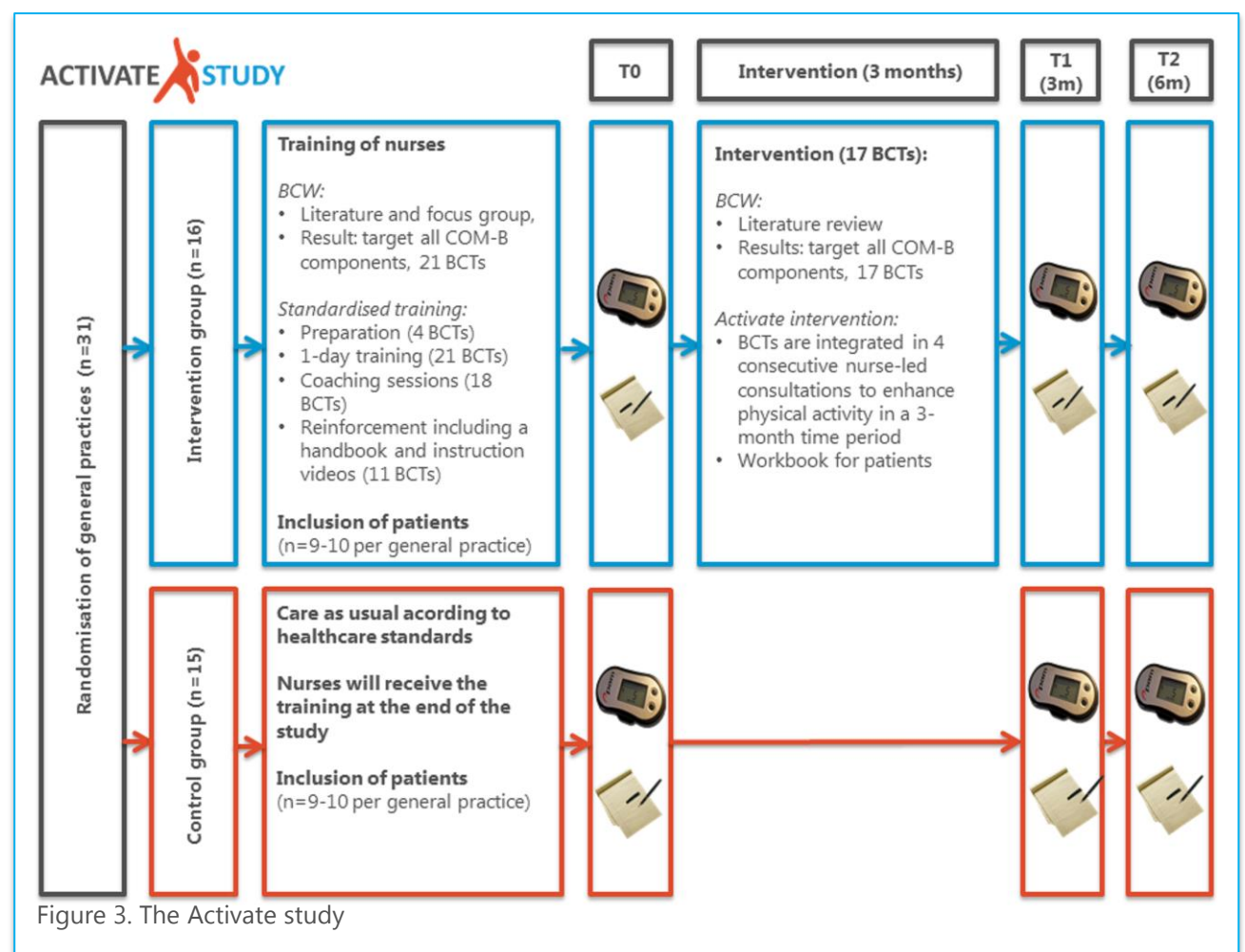
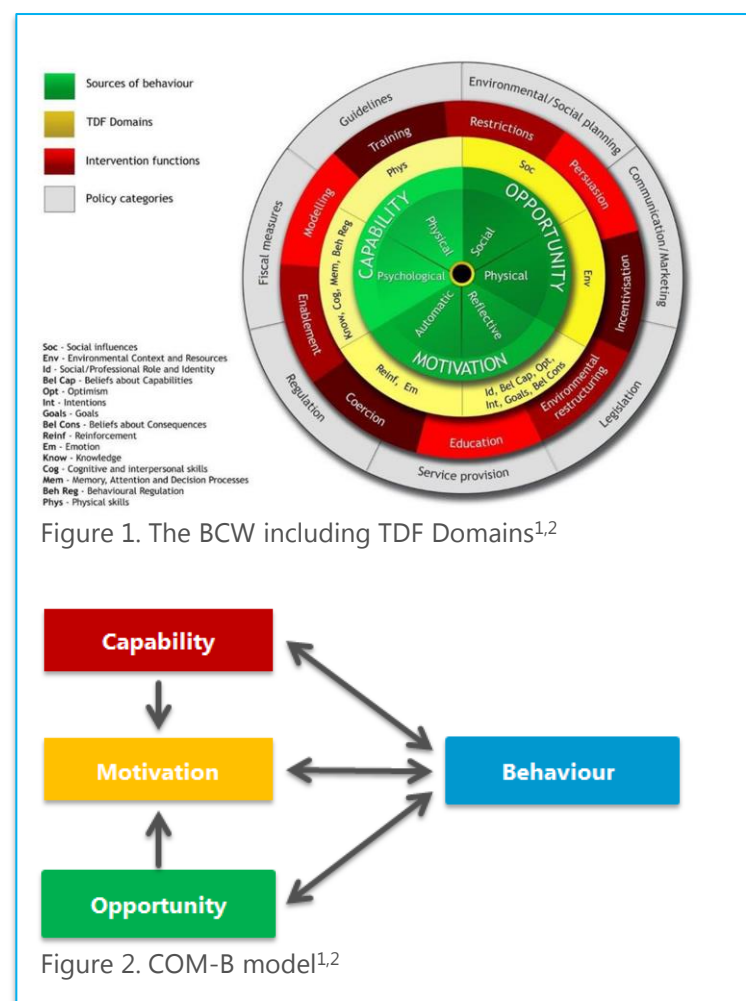
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Background

- Self-management interventions are considered effective in chronic disease patients, but trials have shown inconsistent results and it is unknown which patients benefit most.
- Adequate self-management often requires behaviour change in both patients and healthcare providers.
- Aim: To unravel effectiveness of self-management, the Activate intervention was developed using the Behaviour Change Wheel (BCW) to target one self-management behaviour, namely physical activity in primary care patients at risk for cardiovascular disease.

Methods

- A two-armed clustered RCT will be conducted in 31 Dutch general practices.
- The BCW (Figure 1) was applied to (1) develop the Activate intervention and (2) to develop a training for primary care nurses deliver the intervention adequately.
- A behavioural analysis was conducted using the COM-B model (Figure 2) and TDF Domains.
- Primary outcome is physical activity.
- Process evaluation will be conducted to evaluate the training of nurses, the fidelity, dose and reach of the intervention, identify barriers and facilitators for implementation and participants' satisfaction.



Results

- All components of COM-B were applicable for both patients' and nurses' behaviours.
- The Activate intervention consists of 17 BCTs that are integrated in four nurse-led consultations in a 3-month time period.
- The training of nurses consists of 21 BCTs that are integrated in preparation material, a one-day training, coaching sessions and reinforcement materials such as a handbook and instruction videos of how to apply the BCTs in the intervention.

Discussion

The Activate intervention aims to increase physical activity in patients, however, nurses also need to change their behaviour to adequately deliver the intervention. Therefore the BCW was applied twice resulting in an in-depth analysis of the target behaviour in order to increase the fidelity of delivery and effectiveness of the intervention.

References

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