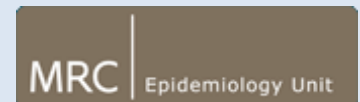




# Development and piloting of Very Brief Interventions (VBIs) to promote physical activity in the context of NHS health checks

*Sally Pears*

*SAPC Madingley, January 2014*





# VBI Programme: rationale

---

- ❖ Only 6% of men and 4% of women meet current PA recommendations for 30mins per day [Health Survey for England 2008].
- ❖ NHS Health Checks offer an ideal opportunity to deliver very brief physical activity advice of approximately five minutes to a large proportion of the population.
- ❖ Very brief physical activity advice should be relatively easy and inexpensive to implement on a large scale, and a small effect could translate into a significant public health benefit.

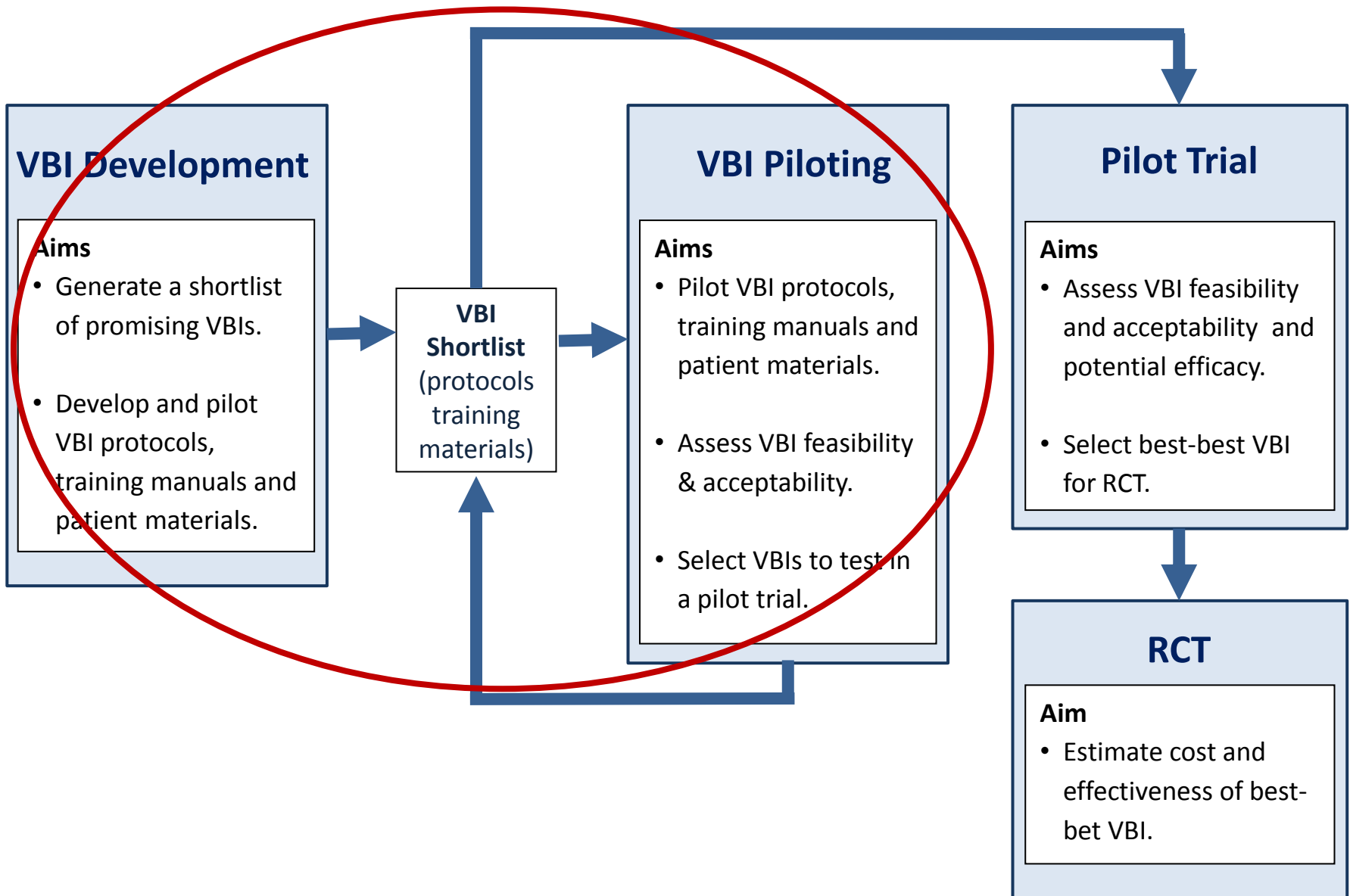


# VBI Programme: Aims

- ❖ To develop and evaluate very brief interventions (**VBIs**) to increase physical activity that could be delivered by a practice nurse or health care assistant (**HCA**) in an NHS Health Check (**HC**) or other primary care consultation.
- ❖ Patients aged 40-74, not currently diagnosed with vascular disease or with certain high risk factors (e.g. high blood pressure or cholesterol) already treated by medication.



# Overview of VBI Development & Piloting Work





# VBI Selection Criteria

---

1. **Effectiveness:** potential to increase physical activity.
2. **Feasibility:** deliverable within 5 minutes and feasible in other respects.
3. **Acceptability:** acceptable to both practitioners and patients.
4. **Cost:** low-cost / cost-effective.



*Walk*

*Dance*

*Swim*

*Run*

*Stretch*

*Cycle*

*Move!*

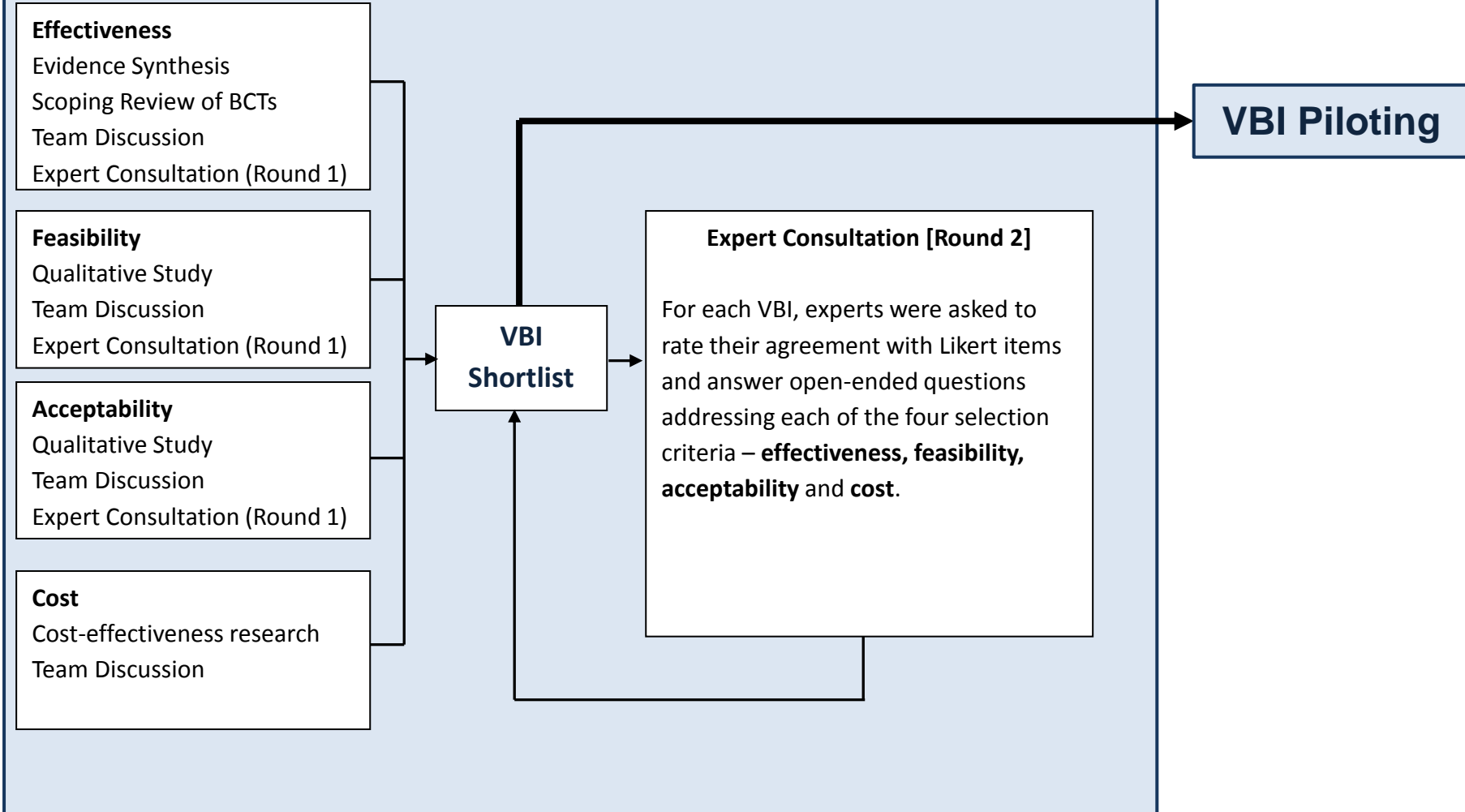
# VBI Development

(Identifying & Developing VBI Short-list)



# VBI Development: Method

## Sources of Evidence Informing Each of the Four Selection Criteria



# VBI Development: Results

## Four Short-listed VBIs

### ALL Interventions Included:

- Physical Activity Assessment;
- PA recommendations;
- Face-to-face discussion;
- Written materials

### VBI 1: Motivational

- Benefits of PA
- Ways of increasing PA
- Signposting to local resources, etc.

### VBI 2: Action Planning

- Ways of increasing PA
- Planning Activity (What, When, Where, & With Whom)

### VBI 3: Pedometer

- 10,000 steps goal
- Verbal instruction to record steps
- Pedometer

### VBI 4: PA Diary

- Ways of increasing PA
- Record daily activity
- Compare activity and goals
- Review/set new goals each week





*Walk*

*Dance*

*Swim*

*Run*

*Stretch*

*Cycle*

*Move!*

# VBI Piloting

(Assessing Fidelity, Feasibility and Acceptability)

# VBI Piloting: Method

## Participants

- N=68
- Recruited from 2 practices (3 Healthcare Assistants & 1 Nurse)
- Received a Health Check plus one of the 4 VBIs

VBI 1: Motivational

N= 16

VBI 2: Action Planning

N= 17

VBI 3: Pedometer

N=18

VBI 4: PA Diary

N=17

## Measures

- Health Check (plus VBI) Recordings [fidelity and feasibility]
- Participant Interviews [feasibility and acceptability]
- Practitioner Interviews and on-going feedback [feasibility and acceptability]

# VBI Piloting: Results 1

## Fidelity

- Fidelity was quite high and did not differ across the four VBIs.

## Feasibility

- All VBIs fitted comfortably into 5 minutes at the end of the Health Check.
- Nurses/Health Care Assistants reported that all VBIs were relatively easy to deliver.

## Acceptability

- All VBIs were acceptable to Nurses/HCAs and to patients.

# VBI Piloting: Results 2

## Areas for Improvement

- **Nurses / Health Care Assistants often went into 'telling mode' rather than asking questions.**
- **No patient wrote an Action Plan or Set a Goal (Activity Diary) during the intervention.**
- **Some patients wanted more tips for how to increase their activity.**
- **Many patients wanted a Follow-up consultation (to have someone 'checking up' on their activity).**

# Selecting VBIs for the Pilot Trial

## Three VBIs

### ALL Interventions Include:

- Physical Activity Assessment;
- PA recommendations;
- Face-to-face discussion;
- Written materials

### VBI 1: Motivational

- Benefits of PA
- Ways of Increasing PA
- Signposting, etc.
- Action Planning
- Activity Diary

### VBI 2: pedometer

- 10,000 steps goal
- Step Chart & Pedometer

### VBI 3: Motivational & Pedometer

- Benefits of PA
- Ways of Increasing PA
- Signposting, etc.
- Action Planning
- Activity Diary
- 10,000 steps goal
- Step Chart & Pedometer



## VBI Pilot Trial

(Assessing Fidelity, Feasibility, Acceptability AND Potential Efficacy)



# What Have We Learned So Far?

---

## Key conclusions:

- Nurses/HCAs can be trained to deliver 4 different VBIs in 2-3 hours.
- VBIs are acceptable and feasible within a health check.
- Piloting invaluable for the development of feasible and acceptable VBIs.
- Intervention recordings and interviews extremely useful.

## Next steps:

- Pilot Trial (Phase 2) is ongoing: effects on objective and self-reported physical activity and process evaluation.
- **Deciding which VBI to take forward to the main trial.**



# Acknowledgements

---

This presentation presents independent research funded by the National Institute for Health Research (NIHR) under its Programme Grants for Applied Research Programme (Grant Reference Number RP-PG-0608-10079). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.