

# Behaviour change workstreams

<u>Workstream</u> <u>Title</u>	<u>Problem</u> How big a problem is this and who for?	<u>Strategy</u> What are we planning to do to address it?	<u>Stage</u> Where are we up to in our plans?	<u>Impact</u> What are we hoping to realistically achieve?
<b>Adherence to chest physiotherapy (CPT) in children with cystic fibrosis</b>	<p>Cystic fibrosis is an inherited, life-threatening disorder of the lungs and digestive system that occurs in approximately 1 in 2,500 children. Less than 50% of young children with cystic fibrosis fully adhere to their recommended physiotherapy regimen.</p> <p>Adherence in young children is important because damage occurs rapidly and can be irreversible.</p>	<p>Develop and trial an intervention to improve adherence to home physiotherapy among young children with cystic fibrosis and their parents.</p>	<p>An in-depth qualitative study with families identified barriers to adherence &amp; family-generated solutions. We are seeking funding to develop an intervention to improve CPT adherence &amp; to test its feasibility.</p>	<ul style="list-style-type: none"> <li>• Inform families &amp; health professionals of potential solutions to poor adherence</li> <li>• Develop an acceptable and effective intervention to improve CPT adherence</li> <li>• Progress to a full trial of the intervention</li> <li>• Get families to use the intervention</li> <li>• Increase physiotherapy adherence, thus decrease likelihood of lung damage &amp; medical complications &amp; reduce costs to families &amp; NHS.</li> </ul>
<b>Chronic pain &amp; families</b>	<p>7.8 million people in the UK have moderate or severe chronic pain and in one-third of households a person has chronic pain. CP has significant impacts on individuals and families, as well as costs to the NHS and the economy. Chronic pain generates 4.6 million GP appointments annually at a cost of £69 million. There are potential serious reciprocal effects of the family on pain.</p>	<p>The purpose of this study is to identify what research has been done already. We are carrying out a systematic scoping review to:</p> <ul style="list-style-type: none"> <li>• define the problem</li> <li>• identify what is known</li> <li>• identify gaps for future research</li> <li>• design studies to address the key gaps</li> </ul>	<p>A systematic scoping review of the literature in this field is underway. Around 400 relevant publications have been identified and these are being analysed.</p>	<ul style="list-style-type: none"> <li>• Develop new research studies to address key gaps in the field</li> <li>• Design family interventions to address issues relating to chronic pain</li> <li>• Reduce any negative impact of pain on families &amp; of families on pain</li> </ul>

<u>Workstream</u> <u>Title</u>	<u>Problem</u> How big a problem is this and who for?	<u>Strategy</u> What are we planning to do to address it?	<u>Stage</u> Where are we up to in our plans?	<u>Impact</u> What are we hoping to realistically achieve?
<b>Activity &amp; Asthma</b>	<p>Exercise is even more important for young people with asthma than it is for their peers. However, 46% of girls and 27% of boys with a diagnosis of asthma are not meeting current recommended exercise levels. This impacts on their long term health and quality of life.</p>	<p>We plan to identify the reasons for non-engagement and develop a tool to help young people, their parents and relevant school staff to ensure high activity levels are achieved.</p>	<p>We have examined all past studies in this area and gained insight from these. We have also conducted a study (funded by the Chief Scientist Office) of young people, their parents and School staff and identified reasons for low activity (motivation, safety, and capability). We have been awarded further funds by CSO to develop an interactive animation and goal setting tool to help everyone agree an optimum strategy.</p>	<ul style="list-style-type: none"> <li>• Development of a tool for use in primary and secondary care.</li> <li>• Use of the tool in primary and secondary care settings.</li> <li>• Change in parent and young person attitudes and intention to be active.</li> <li>• Increase in activity among young people with asthma.</li> <li>• An improvement in the health and quality of life of young people with asthma.</li> </ul>

<u>Workstream</u> <u>Title</u>	<u>Problem</u> How big a problem is this and who for?	<u>Strategy</u> What are we planning to do to address it?	<u>Stage</u> Where are we up to in our plans?	<u>Impact</u> What are we hoping to realistically achieve?
<b>Interventions for weight loss in obese adults</b>	<p>Obesity is a growing problem with increasing health consequences for individuals, families, communities and the health service. Morbidity and mortality can be improved through weight loss. Commercial weight loss groups have been shown to reduce weight, however there are questions around longer term weight maintenance. Some populations like men, the elderly and those with particular conditions are less likely to attend weight management programmes.</p>	<ul style="list-style-type: none"> <li>• Develop interventions for testing in definitive trials for target populations where there are barriers to attending existing weight management services.</li> <li>• Work in partnership with service user groups including the men’s Health Forum, breast cancer charities (CRANES and CLAN) and community groups for older people.</li> </ul>	<ul style="list-style-type: none"> <li>• HTA/NIHR funded systematic review of obesity in men is in press and dissemination is underway. Develop a feasibility study for an intervention for men.</li> <li>• PhD student – systematic review submitted for publication. Currently feasibility testing a group based intervention for overweight women treated for breast cancer.</li> <li>• CSO grant completed which has developed a weight loss intervention for older (&gt; age 65) obese adults. A pilot trial is being designed.</li> </ul>	<ul style="list-style-type: none"> <li>• NICE guidelines for obesity in men are currently being updated and a dissemination plan is underway with The Men’s Health Forum.</li> <li>• Increased awareness of how weight management services can be effectively tailored for specific populations: men; women treated for breast cancer and older people.</li> </ul>

<u>Workstream</u> <u>Title</u>	<u>Problem</u> How big a problem is this and who for?	<u>Strategy</u> What are we planning to do to address it?	<u>Stage</u> Where are we up to in our plans?	<u>Impact</u> What are we hoping to realistically achieve?
<b>Eliciting goals to improve self-management in people with asthma</b>	<p>Many people with asthma want to share asthma management decisions with their health professionals and have a greater involvement in their asthma management. Consultations that develop strategies based on an individual's own goals acknowledges their expertise and preferences for management.</p>	<p>Develop and trial an intervention that will help people with asthma identify the life goals that are important to them and to develop an action plan to work towards achieving them. The intervention will encourage health professionals to initiate a patient focused conversation that will facilitate change in attitudes and management strategy.</p>	<p>The work builds on the findings from two systematic reviews, one quantitative the other qualitative, that looked at the facilitators and barriers to asthma action plan use; and an in-depth descriptive study that drew on the existing literature, and patient and health professional interviews, to develop a GOAL tool. The findings suggested that for many individuals goals are both tacit and transitionary and that the identification of asthma goals is likely to enable achievement or progress towards the achievement of life goals. A feasibility pilot study is underway to test a goal eliciting tool in primary care.</p>	<ul style="list-style-type: none"> <li>• Develop an acceptable and effective intervention to simplify the identification of goals and creation of specific action plans to achieve the goals.</li> <li>• Develop an acceptable and effective intervention to improve tailoring of self-management strategies in people with asthma.</li> <li>• Progress to a full trial of the intervention.</li> <li>• Get people with asthma to use the intervention.</li> <li>• Encourage primary care health professionals to use the intervention in the asthma review discussion.</li> </ul>

<u>Workstream</u> <u>Title</u>	<u>Problem</u> How big a problem is this and who for?	<u>Strategy</u> What are we planning to do to address it?	<u>Stage</u> Where are we up to in our plans?	<u>Impact</u> What are we hoping to realistically achieve?
<b>Pulmonary rehabilitation activity for people with COPD</b>	<p>In patients diagnosed with COPD any activity that improves their physical and psychological health is important. Pulmonary Rehabilitation helps patients maximise lung function and improve self-management. Although PR programmes are widely available, non-attendance and non-referral are common.</p>	<p>Investigate patients with a range of COPD severities in order to understand more about the factors associated with PR participation. Identify the barriers and facilitators for the promotion of PR by interviewing health professionals and service providers seeking views on the current service and how it could be improved. Based on findings we will design and feasibility test an intervention for improving PR activity.</p>	<p>Outline application to be submitted to NIHR by the end January 2013.</p>	<ul style="list-style-type: none"> <li>• Increase understanding of what motivates PR activity from a patient, and the less researched health professional and service provider perspective.</li> <li>• Design a new intervention to increase uptake and on-going engagement in rehabilitation activity.</li> <li>• Creation of a new dataset with the capacity to be linked to morbidity data for studying longer-term outcomes in people with COPD.</li> </ul>