Implementation science: Training healthcare providers in obesity management

Authors: **Dayna Lee-Baggley[1,2], PhD, Nicolle Vincent[2], PhD, Sulaye Thakrar[2], PhD, Tiffany Shepherd[2], PhD, Jennifer Haley[2], MA**

Behaviour change skills are critical for the effective management of obesity (i.e., chronic disease self-management). Behaviour change skills involve empirically supported, psychologically based skills and knowledge that have been shown to increase behavioural adherence in patients and can be learned by a variety of healthcare providers within their scope of practice. Despite such evidence few healthcare providers are trained in such skills. In addition, learning behaviour change skills requires a significant change in practice for most healthcare providers in which they must move from the "expert - teach and tell" method they are typically trained in to a "collaborate and empower" relationship with patients. Not all healthcare providers are ready to engage in such a change in practice even when provided with appropriate training. The authors will present their research program on how to support healthcare providers in 1) learning behavior change skills and 2) implementing behavior change skills into daily clinical practice. The authors will review their modular, competency-based training program on behavior change skills and their ongoing studies on the implementation science of integrating these behavior change skills into daily clinical practice. Data from several research projects involving training healthcare providers in behaviour change skills will be presented including single case experimental designs and pre/post data. Implications for obesity management and training healthcare providers will be reviewed.

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ABSTRACT CATEGORY
Bariatric Medicine

[1] *Dalhousie University, Halifax, NS*
[2] *Nova Scotia Health Authority, Halifax, NS*