



The Psychological Society of Ireland
Cumann Síceolaithe Éireann

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Psychological Society of Ireland,
Floor 2, Grantham House,
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The Healthy Ireland Framework and health behaviour change to improve public health

Dr Frank Doyle & Dr Catherine Darker
Division of Health Psychology

Overview

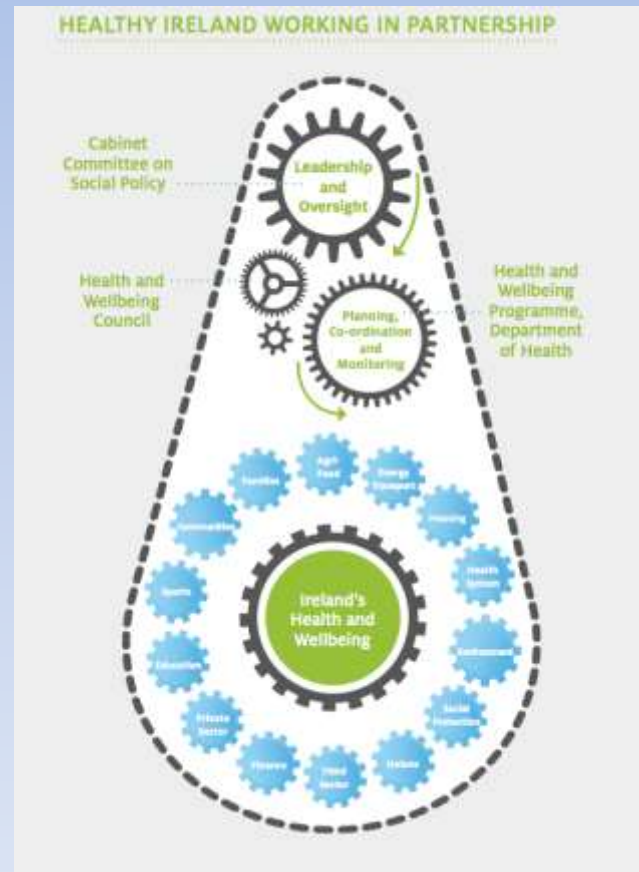
- Healthy Ireland Framework and relevant goals
- What is Health psychology, and why are we here?
- 2 programmes of research that inform health behaviour change in Ireland
 - Community-based health behaviour change initiatives
 - Brief smoking cessation advice in hospital settings
- Conclusion and future directions?



hi

**Healthy
Ireland**

Implementation?



Health Psychology

- Application of psychological theory, methods and research to health, physical illness and healthcare for the promotion and maintenance of well-being
- Focus on:
 - Individuals, Communities, Populations
- Theory-based approaches in...e.g.
 - Lifespan perspectives and developmental processes
 - Professional-patient communication
 - Behaviour change (patient and professional)
 - And many more!



Why are we here?

- To demonstrate:
 - links with public health
 - health psychology expertise informs training healthcare professionals in science and practice of low-intensity behaviour change
 - that we can contribute to the *implementation* of HI



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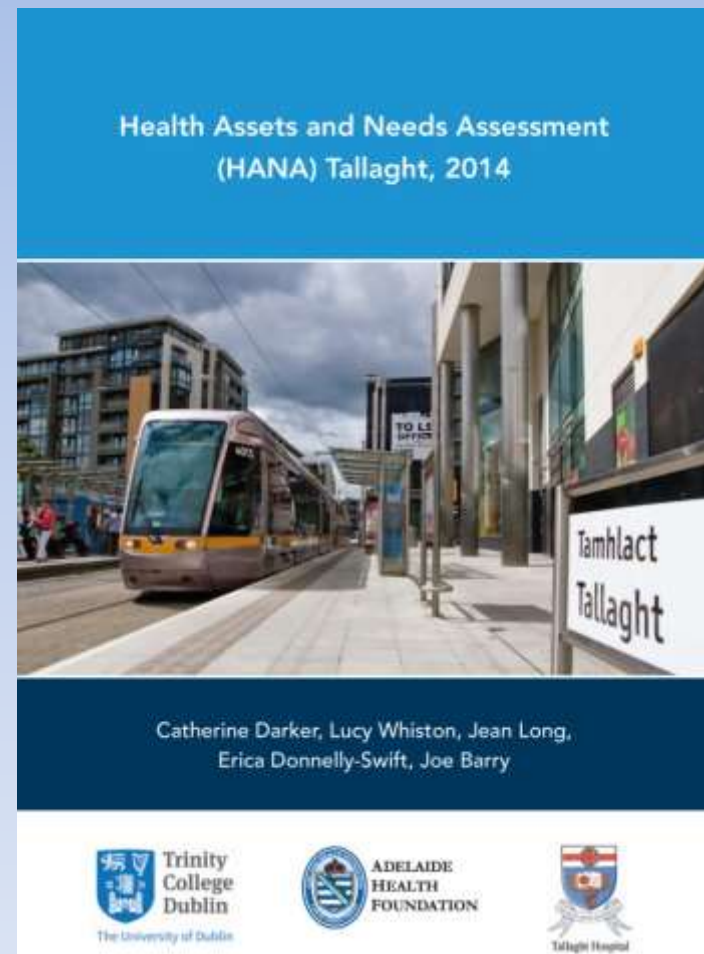
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Health behaviour change to improve public health

Example 1 – Tallaght ‘Healthy City’
Status

- Update findings of 2001 needs assessment
- Assess health and wellbeing assets (asset mapping)
- Survey 13 electoral divisions of Tallaght
- Letters sent to 420 randomly selected households, inviting primary carers to participate
- A total of 343 (82%) households participated
- Data were collected on 1082 individuals residing in these households



Health Assets and Needs Assessment
(HANA) Tallaght, 2014

Catherine Darker, Lucy Whiston, Jean Long,
Erica Donnelly-Swift, Joe Barry

Trinity College Dublin
The University of Dublin

ADELAIDE HEALTH FOUNDATION

Tallaght Hospital

What we found

Physical activity

Strenuous activity =
83% take NONE

Moderate exercise =
only 16% x5 times a
week

Mild exercise = 29% x5
times a week

Walking >30minutes
or more = 36% x5
times a week



Healthy City Status

- Partnerships
 - SDCC, HSE (Primary Care and Mental Health), TCD
- Targets
 - Alcohol, physical activity, smoking
- Policy directive
 - Healthy Ireland
 - (upcoming) National Physical Activity Plan
 - (upcoming) legislation 'Healthy Workplaces' Bill
- Implementation Science
- Process and Outcome Evaluation
- Work places - 10 sites
- Brief interventions, motivational interviewing, goal setting



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Example 2 – Smoking in inpatients

What we know

- Brief smoking cessation advice with follow-up increases cessation rates in hospitalised smokers
 - Adding pharmacotherapy increases efficacy
- Hospitalisation an ideal time to intervene:
 - ability to identify smokers; availability of HCPs; increased patient receptivity/motivation; ability to manage withdrawal symptoms in-hospital; and ability to facilitate follow-up

How are we doing?

- Bartels et al (2012), Ohakim et al (2015): 38-44% of inpatient smokers received cessation advice
- But these are small studies with self-reported data – perhaps inaccurate?
 - Hospital charts have more objective data?

More objective evidence?

- Mellon et al (submitted, N=1001, n(smokers)=235):
 - smoking status was documented in patient charts for just 57% of smokers, cessation advice for 2%
 - Smokers' mean nicotine dependence score was 3.7 (SD=2.7), indicating low dependence levels
 - Only 16% did not want to quit
 - At 3-month follow-up, 17% reported quitting, but only 4.5% reported using prescription NRT
 - only 32% of smokers recalled receiving cessation advice
 - Provision of smoking cessation advice during hospitalisation was associated with higher motivation to quit (OR=2.79, 95% CI 2.12-3.68), and successful quit behaviour (OR=2.02, 95% CI 1.34-3.06)

Why (not)?

- Interviews with staff (n=16):
 - Staff attitudes and beliefs
 - Time constraints
 - No systematic approach
 - Perceived patient resistance
 - Lack of knowledge, training, confidence
- Unsurprising – international research has very similar findings

Staff beliefs and perceived resistance

- ‘When you start talking to a patient about smoking, you can see them shut off. Most patients when I asked do you smoke, they smile and, it’s like, I supposed you are going to give me a lecture now.’ (Interview 6 – Medical intern)
- ‘The patient didn’t come trying to quit smoking, they come for one problem, so it won’t have impact.’ (Interview 1 – Surgical registrar)

Time constraints, non-systematic

- ‘You have to do so much work. There is just no time to spend per patient to give advice regarding smoking cessation.’ (Interview 1 – Surgical registrar)
- ‘Sometimes it’s pack years, sometimes it’s ex-smoker gave up 15 years ago but not the amount, maybe if there was a kind of, very routine hospital policy on how you document and that to always document it.’ (Interview 10 – Physiotherapist)

Lack of training or confidence

- ‘It might be knowledge and training for maybe other, maybe more junior staff.’ (Interview 15 – Consultant)
- ‘I think it needs to come from all members of the teams, because I think just one person coming to advise them to stop smoking is not going to help.’ (Interview 11 – Physiotherapist)

What next?

- Train HCPs in smoking cessation
 - Collaboration with HSE HPO Tobacco Control
- Medical student Intervention to promote effective Nicotine Dependence and Tobacco Healthcare: GrAduate entry Programme (MIND-THE-GAP) feasibility randomised trial
 - Provide training
 - Change attitudes
 - Promote motivation to quit?



Summary

- Health psychologists provide significant expertise on the complexity of behaviour change, at individual and community levels, with differing levels of intensity
- Science of behaviour change can be applied to public health problems without specialist training
- Helpful to achieving HI goals



Further Information

- Division of Health Psychology website (PSI)

<http://www.psihq.ie/psi-division-health-psychology>

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