Healthy CHAT: The opportunistic advice given to individuals on unhealthy lifestyle behaviours
This resource is produced as a result of a collaboration of the following organisations.

The project team thanks all those staff and community members who contributed from Latrobe Community Health Service, Ramahyuck Aboriginal District Corporation, Gippsland Lakes Community Health Service and Monash Rural Health.

Acknowledgements:
Funded by the Foundation for Rural and Regional Renewal
Setting
Background

• Very Brief Advice (VBA)
• Healthcare workers (HCWs) give health promotion messages to people whilst undertaking routine clinical treatments.
• HCWs encourage people to make lifestyle changes in relation to; smoking, nutrition, alcohol, and physical activity (SNAP).
• There is limited research available on both Allied Health and Nursing staff giving VBA.
Aim of the Research Project

To develop and evaluate a face-to-face and online education package for the delivery of very brief advice about lifestyle risk factors in two rural community health settings and one Aboriginal health service.
Research Approach

• A co-design participatory mixed methods approach was used in this study.

• Phase One
  • **Qualitative:** Focus groups were conducted with Healthcare workers (HCWs) and service users

• Phase Two
  • **Quantitative:** An online evaluation survey will be administered both prior and six weeks post the delivery of the face to face education to HCWs
Phase One

- Focus groups were conducted with Healthcare workers and service users at the three organisations to understand their experiences in delivering and receiving very brief advice.

- Seven focus groups of Healthcare workers (41 participants)

- Three focus groups of Service Users (20 participants)
Phases One – Qualitative results

Thematic Analysis was undertaken on the transcripts with the following themes emerging:

• Healthcare Workers
  • Delivery and consistency of advice
  • Planting the seed
  • Strategies to remember
  • Handy resources
  • Challenges

• Service Users
  • Hear what we have to say
  • Make it relevant
  • Keep it simple
  • Be respectful
  • Tailor it to the individual

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Challenges experienced by HCWs

- Lacking confidence to ask about a person’s behaviours impacting their health
- Not seeing this as part of their role
- Lack of training
- Insufficient time
- Positive role modelling
- Maintaining rapport
- Referral pathways/screening tools
Supporting change through Healthy CHAT

• Raises awareness of and assesses a person’s willingness to engage in further discussion about healthy lifestyle choices
• Usually given opportunistically
• Part of service delivery during routine day to day contact
• It is informal
What is a Healthy CHAT?

Having a Healthy CHAT with people is a simple opportunistic discussion based around healthy lifestyle choices and referring people to available support services.

The key concepts of Healthy Chat are:

- **CHECK**: Opportunistically check in with people about their current lifestyle choices.
- **HEAR**: Hear what the person is actually saying.
- **ADVISE**: Advise people how lifestyle choices can impact their health.
- **TALK**: Talk about resources available to support healthy lifestyle choices.
The Healthy CHAT Online Learning Module

• Latest evidence & guides
• Videos of HCWs demonstrating each element of Healthy CHAT
• Videos demonstrating all 4 elements in action
• Examples
  • Door Openers
  • Exit Strategies
• Cultural awareness
• MCQs to test knowledge
Phase Two- Quantitative results

- Six face-to-face teaching sessions were held with HCWs (50 participants)
- 41 pre-surveys completed
- 27 post-surveys completed
Quantitative Analysis

- Non-parametric independent comparison of the median was used to analyze the data.
- There was overall decrease in all medians, when comparing pre & post surveys.
- There was significant statistical differences demonstrated ($p<0.05$) in 10 questions.
- Overall increase in HCWs’ knowledge, confidence & skills post education sessions.
Quantitative Analysis

I have the skills and resources to give clients adequate advice on...
Quantitative Analysis
Questions relating to advice on alcohol consumption

- I am confident in providing advice to clients on Alcohol ...
- I am confident in assessing clients for Alcohol consumption
- I know what resources are available for Alcohol consumption
Quantitative Analysis
Questions relating to advice on Nutrition

I am confident in assessing clients for Nutrition

I know what resources are available for Nutrition
Future Directions

Online Learning Module

• Is available and free for all HCWs to access

• Evaluate the online Healthy CHAT module