Implementing Health Promotion for People With Disabilities: Process Evaluation of a Pilot HealthMatters Program©

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Regular physical activity together with healthy eating habits result in health benefits that include reducing the risks for chronic medical conditions such as cardiovascular diseases and type 2 diabetes (U.S. Department of Health and Human Services, 2008). Currently, 40% of adults with a disability are inactive compared to only 19% without a disability in one state’s survey (Sparling et al., 2015). Nationwide, adults with disabilities experience higher health risks and health care utilization indicating the need for better health promotion training for health care providers (Havercamp & Scott, 2015). To address this disparity, a pilot HealthMatters™ Program (Pilot), an evidence-based health promotion program developed specifically for adults with Intellectual and/or Developmental Disabilities (IDD) (Marks, Sisirak, & Chang, 2013), was implemented. To better define best implementation practices the implementation process was retrospectively studied with the following PICOT question: for participating adults with IDD (Population) attending a community day program, how did the implementation of HealthMatters™ Pilot intervention (I) compare (C) to HealthMatters™ Program design with respect to process-oriented outcome (O) measures for this 12-week (T) Pilot? The training of the staff trainers, the curriculum attendance of the 10 participants with IDD, the primary care providers (PCP) responses to Pilot participation notifications, the participants’ weight/BMI and blood pressures prior to and at the conclusion of the 12 week curriculum were analyzed. Pilot costs and survey tools were applied after completion of the Curriculum. Process-oriented measures focused on participation (reach), fidelity (concordance of the Pilot’s implementation compared with the HealthMatters™ Program), context (environment) and the costs of the implementation process (Bodde, Seo, Frey, Lohrmann, & Van Puymbroeck, 2012). Ten (10) participants, and their PCPs, participated in the HealthMatters™ Pilot with 80% and 100% participation rates, respectively. The Pilot’s process strengths included high participation and survey satisfaction with Curriculum and training, relatively low participant and sponsor costs (~ $300/participant). Weaknesses included limited opportunities for caregiver participation and challenges with scheduling staff time leading to inconsistent curriculum fidelity. Opportunities identified included the following: high potential to partner with PCPs and for organizational growth to sustain health promotion goals beyond the 12 week program; favorable cost-value projections for a future statewide implementation of HealthMatters™ Programs for eligible adults with IDD. Pilot Health Promotion programs for individuals with IDD are well suited for process evaluations and the development of curricula for best nursing practices to promote health in adults with disabilities.

Title:
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Keywords:
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References:
Abstract Summary:

HealthMatters is an evidence based health promotion program for people with intellectual and/or developmental disabilities (IDD). This project is an evaluation of a pilot HealthMatters program to address the disparity that people with IDD experience poorer health status when compared to the general population.

Content Outline:

I) Introduction

A. People with Intellectual and or Developmental Disabilities (IDD) are less active when compared to the general population and have a higher risk for developing obesity and other associated chronic diseases.

B. The implementation of an evidence-based health promotion program that includes physical activity and nutritional education developed especially for people with IDD will address the health disparity experienced by people with IDD.

II) Body

A. A scoping review of the literature identified HealthMatters as an evidence research based health promotion program designed for people with IDD. This program includes a curriculum of physical activity and nutritional education which meets three times a week for 12 weeks and training certification for support staff.

B. A process evaluation was completed of a pilot HealthMatters implementation with quantitative measures of participation, weight, blood pressures and primary responses. The evaluation included qualitative measures of a validated survey questionnaire for staff trainers in addition to focus groups and unstructures participant interviews.

C. The concepts of Reach, Fidelity, Setting and Costs were integrated into a SWOT tool analysis in order to gain more insight and understanding of the specific program elements and outcomes. This analysis identified evidence that can be translated to best practices for nursing education in Health Promotion.

III) Conclusion
A. A state wide full scale HealthMatters program for adults with IDD is feasible and should include partnerships with community base organizations and agencies.

B. Wellness committees within the sponsoring state agency and community based organizations are needed to develop a culture of wellness with clearer health promotion policies in the organization for sustaining the benefits of the 12 week health promotion program.

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Professional Experience: Dr. Abbott is a nurse consultant with the Division of Developmental Disabilities Services (DDDS). She demonstrates a nursing leadership role with nursing assessments, training, quality improvement, patient safety and health promotion related to the population of individuals with intellectual and/or developmental disabilities (IDD). She teaches psych/mental health nursing in various academic and community settings. She is currently developing a curriculum that includes nursing care and health promotion for people with IDD.

Author Summary: Dr. Abbott has given presentations with CEUs on "Depression in the Elderly", "Telehealth in Delaware" (November, 2015) and " A Process Evaluation of the HealthMatters Program: Health Promotion for People with Disabilities," (April 2017). Dr. Abbott's current research interest is developing a nursing curriculum that promotes healthy lifestyle choices by people with disabilities.