

Using validated measures to assess self-management, patient-centred care, and behaviour change delivery in implementation research



PhD Study Nested in the IMP²ART Programme of Work (IMPlimenting IMProved Asthma self-management as RouTine)

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Background

Routine asthma reviews in primary care provide an opportunity for healthcare professionals (HCPs) to encourage self-management strategies and positive behaviour change¹.

Nested within the IMP²ART Study, this PhD project aimed to explore how supported self-management is delivered during asthma consultations using motivational and patient-centred strategies. To inform the analysis of video-recorded asthma review consultations, we undertook a methodological literature review of existing tools and validated measures used within observational, implementation research to analyse consultations and patterns of communication between patients and clinicians.



Methods

We scoped existing literature and critically reviewed validated measures developed and used for exploring HCP delivery of supported self-management communication, patient-centred care and behaviour change techniques.

A multidisciplinary team (general practitioners; health psychologists; academics) provided expertise on identified measures for inclusion in the review.

Results

From potential measures, we identified three validated tools that used in conjunction would provide a multifaceted view of supported self-management delivery, patient-centred care, and behaviour change techniques.

Tools include:

- 1) ALFA Toolkit Multi-Channel Video Observation (de Lusignan, 2008)²
- 2) Patient Centred Observation Form (PCOF) (Makoul, 2001)³
- 3) The Behaviour Change Counselling Index (BECCI) (Lane, 2002)⁴

Example of Patient Centred Observation Form (PCOF) Tool³

<i>Skill Set and elements</i> <i>Check only what you see or hear.</i> <i>Avoid giving the benefit of the doubt.</i>	<i>Provider Centered</i> <i>Biomedical Focus</i>	↔	<i>Patient Centered</i> <i>Biopsychosocial Focus</i>
Establishes Rapport <input type="checkbox"/> <i>Introduces self (before gazing at computer)</i> <input type="checkbox"/> <i>Warm greeting (before gazing at computer)</i> <input type="checkbox"/> <i>Acknowledges all in the room by name</i> <input type="checkbox"/> <i>Uses eye contact</i> <input type="checkbox"/> <i>Humor or non medical interaction</i>	<input type="checkbox"/> 1a. Uses 0-2 elements	<input type="checkbox"/> 1b. Uses 3 elements.	<input type="checkbox"/> 1c. Uses ≥ 4 elements
	Notes:		

Conclusions

This review of validated observational research measures enabled us to select analytical approaches that explore key aspects of HCPs behaviour and communication. The findings of our analysis will shed light on HCP delivery of supported self-management, behaviour change, and patient-centred care.

These three tools are currently being used to analyse video-recordings of asthma reviews undertaken by a sub-group of practices participating in the UK-wide, NIHR funded, IMP²ART (IMPlimenting IMProved Asthma self-management As RouTine) trial which is evaluating a strategy for implementing supported asthma self-management in routine primary care.