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| Host department: QMUL |
| Project Title: Understanding Implementation of Behaviour change in the National Health Check Programme  |
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| Proposed supervisory team: Dr Liz Steed is an experienced health psychology with extensive experience in the design, evaluation and implementation of complex interventions. She is particularly interested in fidelity of behavioural interventions delivered by health care professionals and the training and support required to deliver this effectively. Dr Jamie Ross is a Senior Lecturer in Primary Care Sciences with expertise in development and implementation of complex interventions for the prevention and management of long-term health conditions, digital health and qualitative research methods. |
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| Potential for cross consortium networking and educational opportunities: |
| The national health check programme is a national programme so consulting across the network will be an important element in development of the project. UCL and Southampton both offer specific training in development of complex interventions which will be an important element of this study. Numerous additional opportunities will be available given the supervisors established links with other institutions. |
| Project description:Background NHS health checks have been in place since 2009 and are recommended as an important element of preventive health care, but whilst there have been many successes it has been recognised that there may be room for improvement [1]. A recent review underpinned by analysis with frameworks from behavioural science made several recommendations on approaches to maximise efficiency [2]. One of these was to offer more training in behaviour change interventions to improve health care professional’s confidence. Training is currently available for individuals delivering NHS health checks [3] but the uptake and extent this leads to actual delivery of behaviour change techniques is unclear. Understanding this, identifying gaps in skill, and fit with role and delivery confidence, and understanding and optimising training is therefore needed. Aims and objectivesTo explore the current delivery of behaviour change techniques in NHS health checks in primary care To understand factors that need to be addressed for optimisation of behaviour change within the health check in primary care.To develop recommendations and intervention for supporting behaviour change within primary care NHS health checks.Method(s)1. A systematic review (including both quantitative and qualitative data) on barriers and facilitators to delivering the NHS heath checks in primary care
2. An analysis of current training and the extent it addresses behaviour change skills
3. An observational study (including video recording and rating of behaviour change techniques delivered within NHS health checks across England) of currently delivered health checks
4. Interview study to understand HCP perceived needs for optimising NHS health checks
5. Stakeholder consensus meeting to agree next steps and intervention needed for improvement of NHS health checks

Impact Cardiovascular disease, diabetes and increasingly dementia risk are known to be modifiable with change in health behaviours such as increased exercise, dietary change etc. By optimising the behaviour change skills of HCPs delivering the NHS Health Check people will be supported more effectively to change and sustain their behaviours.1. <https://www.gov.uk/government/publications/nhs-health-check-programme-review/preventing-illness-and-improving-health-for-all-a-review-of-the-nhs-health-check-programme-and-recommendations>
2. Atkins, L., Stefanidou, C., Chadborn, T. *et al.* Influences on NHS Health Check behaviours: a systematic review. *BMC Public Health* 20, 1359 (2020). <https://doi.org/10.1186/s12889-020-09365-2>
3. <https://www.healthcheck.nhs.uk/commissioners-and-providers/training/training-videos/>
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| Training and development provision by host: |
| Formal training: Analysing videos for use in research, Qualitative methods research training, Developing Behaviour Change interventions  |
| Informal training: The individual will be expected to participate in regular scholarly activities within QMUL including attending and presenting at institute seminars, accessing in house training on research skills, liaising with other PhD students. They will also be supported by their supervisors in development of a range of research skills. |
| PPIE: Patient and public involvement will be integrated throughout the project. It is envisaged that the successful student will set up a small PPI group who they will be able to consult and ask for advice throughout the project. |