

Title:

Patient and staff experiences of participation in an implementation study of physical activity and nutritional intervention at a medical ward: A qualitative study.

Presentation:

Workshop or poster presentation

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Intro: Evaluation of feasibility and implementation studies on health promoting interventions for medical patients in hospitals is scarce, especially studies involving both a patient and a staff perspective. An explorative approach to gather experiences from both health professionals and patients is important to improve future evidence-based initiatives to enhance health promoting interventions.

Purpose and Methods: The aim was to explore how patients and staff experienced a multifaceted health promoting intervention concerning physical activity and nutrition during admission, and secondly to explore how the knowledge and experience was used afterwards. Two focus groups interviews were conducted to explore in-depth knowledge. Additionally individual telephone interviews were conducted as three patients were not available at the time of the group interview. An inductive thematic content analysis was the fundamental for the findings of the study.

Results: Patients and staff described experiences at various levels from an intrapersonal and interpersonal level to an organisational and environmental level. Both groups found the supportive behaviour of the physiotherapist and the dietician facilitated motivation and changed their usual behaviour. Staff members experienced time issues and limited resources, and patients reported that their situation and "being on their own" were barriers for health promoting activities. It was difficult to maintain the new behaviours in both groups but for different reasons.

Conclusion: An ecological inspired framework seemed a constructive method for implementing a multifaceted health promoting intervention on physical activity and nutrition at a medical ward and both staff and patients expressed primarily positive experiences. However, the staff did not fully take part in the intervention and after the project period adherence diminished and patient compliance differed as well.

Future practice: More research is needed in this complex area especially regarding long-term adherence to the aim of health promoting practice at medical wards. Future research should focus on identifying ways to maintaining health promotion activities and the wards and the potential importance of leadership involvement.