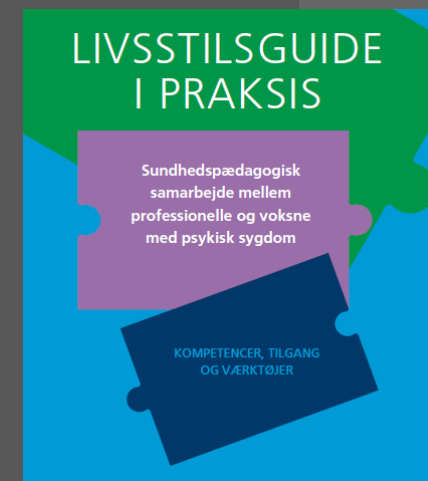


Developing and testing a user-driven approach in health promotion activities targeting users of psychiatric services

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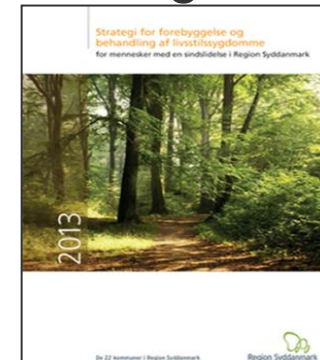
Background

- Higher mortality in people with severe mental illness (average 20 years for men and 15 years for women)
 - Unhealthy lifestyle
 - Metabolic side effects of antipsychotic medication
 - Overlooked physical symptoms (60 % of the higher mortality is due to physical illness such as lifestyle diseases)
- People with mental illness are motivated to engage in health promoting behaviours
- Lack of knowledge about effective methods/interventions



The political background of the project

- 2011: Political preparation of a common cross-sectoral strategy
- 2013: Release of Strategy for prevention and treatment of lifestyle diseases for people with mental disorder in Region of Southern Denmark
- 2015: Physical health in people with mental disorder is highly prioritized in the 2015-2018 Health Agreement



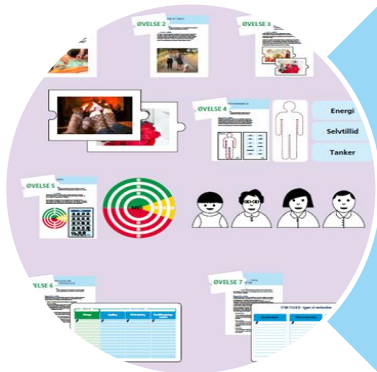
Collaboration in Health Promotion - organization

- Partnership between Region of Southern Denmark, Steno SDCC and the 22 municipalities in Southern Denmark.
- University College South has undertaken professional development courses for professionals in the project
- Project management group with representation of somatics and psychiatry in Region of Southern Denmark, Steno Diabetes Center Copenhagen, the 22 municipalities in Southern Denmark and advocacy organisations for relatives
- Involvement of users has been an essential element of the development and testing of the concept

Aims



To develop and test a health education program targeting people with mental illness in co-creation with the target group



To feasibility test the program by professional development of 155 professionals

Target groups and settings

Target groups

- 1) Adults with mental illness (users) at risk of type 2 diabetes and/or related conditions such as cardiovascular diseases
- 2) Professionals such as social workers, social- and health service assistants, nurses, dieticians, physical therapists in Southern Denmark working with health promotion activities targeting people with mental illness

Settings

Health promotion activities include consultations focusing on health promotion and group-based activities such as cooking, grocery shopping and exercise

Co-creation processes in research

Development was based on design-based research which puts the target group at the centre of problem solving and development

Users/previous users

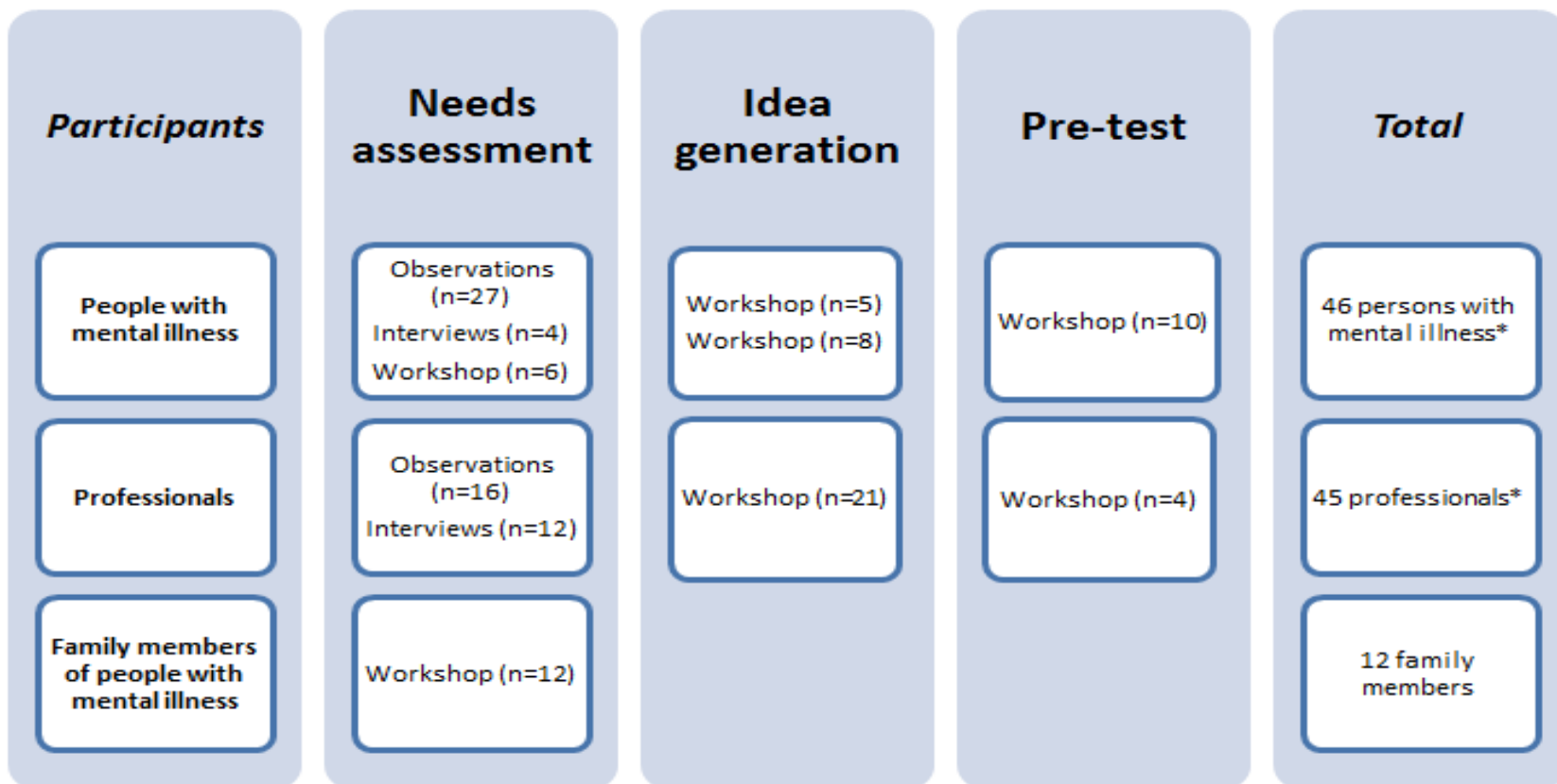
Actively involved in defining challenges and needs, developing, prioritising and testing ideas

Professionals and family members

Actively involved in defining challenges and commenting on ideas of users



Involvement of users in different phases



Workshop participants

- 15 users. 8 participated at least twice
- Age: 24-68 years
- 8 men and 7 women
- Several diagnoses. Schizophrenia, bipolar disorder, anxiety and depression were most prevalent among participants
- 3 unemployed, 3 had disability pension, 8 participants had some attachment to the labor market and 1 person did volunteer work
- Recruited through health centers, the organisation 'One of us' and professionals

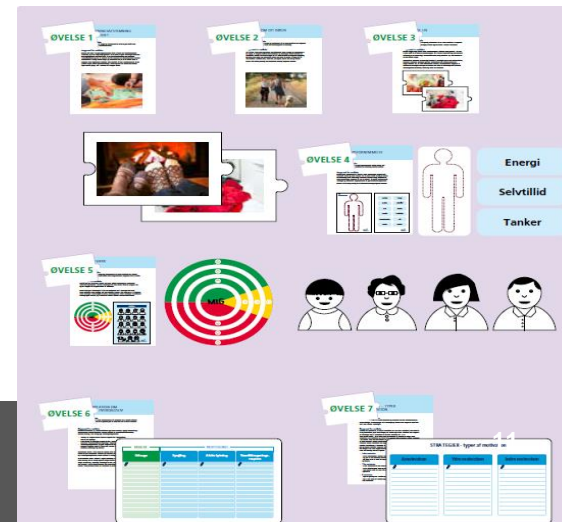
Findings from needs assessment

- Professionals are motivated to actively involve people with mental illness: a gap between self-perceived approach and practice
- Users emphasise that professionals must involve their preferences, experiences and needs in health promotion activities
- The setting is a barrier for a collaborative approach (one-way communication, screening tools of illness, symptoms, lifestyle)
- Users prefer that professionals adapt a collaborative approach (a premise for dialogue about health promotion)

Health education concept

2 models, a guide and 7 dialogue tools

- Support the collaboration between professionals and users
- Address dialogue, participation, a broad concept of health and the development of action competence
- Promote professionals' awareness of their communication style. Training of a collaborate approach



Model of collaboration between user and professional – developed and validated with users

Dialogue about the setting – discuss the context of the meeting/activity (time, place, agenda) by including needs and preferences of the user

Sharing of knowledge – explore resources, social relations, life style and values of the user

Reflection about readiness for change – explore the users' motivation

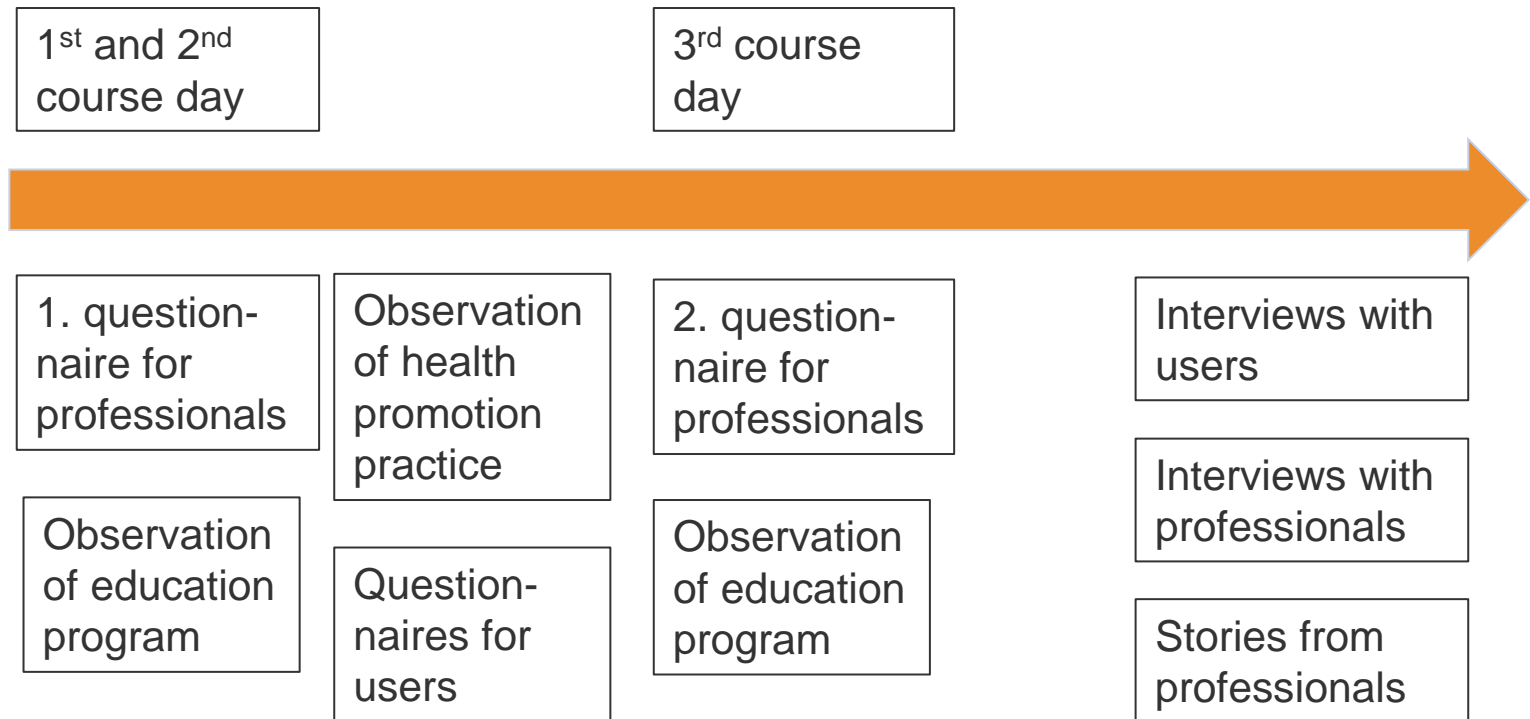


Putting the collaborative approach into practice



*55 professionals in May-June 2016
100 professionals in January-May 2017

Data collection



Professionals' perspectives on user participation at the course

'Exciting to get users' view on things. It provided new perspectives on what works'

'It was brilliant to hear it from the perspective of a user!'

'Very good to have [name of user] as an observer to provide feedback and include own experiences'

'The users resembles very much my target group. So I could relate their feedback to my own practice'

'The users were very good at verbalizing their experiences in meetings with professionals'




Questionnaires for users

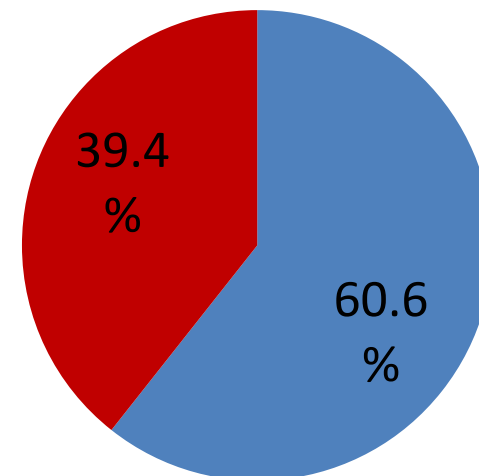
- 154 responses
- Mean age: 43 years old
(range: 18-78 years old)
- 60.6% professionals collected user questionnaires

DIT SAMARBEJDE MED DE(N) PROFESSIONELLE

Sæt kryds ud for den smiley, der svarer bedst til din mening om de forskellige udsagn:

 = I høj grad enig
  = I nogen grad enig
  = I mindre grad enig

					
8)	Jeg havde indflydelse på, hvad der skulle foregå i dag (fx forventningsafstemt med mig) Evt. kommentarer:				Jeg havde ingen indflydelse på, hvad der skulle foregå i dag (fx ikke forventningsafstemt med mig)
9)	De(n) professionelle var åbne og imødekommende (fx søgte øjenkontakt, smilede, gav hånd, havde kroppen rettet mod mig og ikke skærmen, papirer, mobil, ur etc.) Evt. kommentarer:				De(n) professionelle var lukket og ikke imødekommende (fx søgte ikke øjenkontakt, var ikke smilende, gav ikke hånd, kiggede mest på skærmen, papirer, mobil, ur etc.)
10)	Jeg fik en grundig introduktion til det, vi har lavet i dag Evt. kommentarer:				Jeg fik ikke en grundig introduktion til det, vi har lavet i dag



Users' feedback from questionnaires

'It is exciting; and another way of learning something about oneself'

'It was exciting and encouraged positive thoughts that I can use prospectively'

'I find it hard to put it into words and I found that the cards [tool] was a good support in the conversation'

'The pictures made it easier to remember what we talked about'



Observations of health promotion practice

Professionals successfully integrated the collaborative approach. They used different tools and integrated these according to their practice context

Markører for et sundhedspædagogisk samarbejde

= LIP metode = I nogen grad LIP metode = Ikke LIP metode

Område i samarbejdsmodellen/aktivitet	Facilitatorer for et sundhedspædagogisk samarbejde				Barrierer for et sundhedspædagogisk samarbejde
<i>Sætte rammer sammen</i>	Den professionelle involverer/har involveret brugere i at sætte rammer for aktiviteten/mødet fx afstemt forventninger til tid og sted for aktiviteten/mødet Kommentarer:				Den professionelle har på forhånd sat rammerne for aktiviteten/mødet uden at have involveret brugerne
	Den professionelle er åben og imødekommende (fx søger øjenkontakt, er smilende, giver hånd, har kroppen rettet mod brugerne og ikke en skærm, papirer eller lignende) Kommentarer:				Den professionelle har et mere lukket kropssprog fx kigger overvejende på skærm, papirer mm.
	Den professionelle introducerer brugerne for øvelsen Kommentarer:				Den professionelle introducerer ikke brugerne for øvelsen
<i>Premme fælles refleksion om forandring</i>	Den professionelle spørger brugerne ind til, om de vil forandre noget Kommentarer:				Den professionelle har en forudindtaget holdning om, at brugerne ønsker at ændre sundhedsadfærd, samt hvad de bør ændre

Implementation of the concept

Implementation support

- Written material (academic and inspirational catalogue regarding implementation of the concept)
- Conference presentations
- Meetings targeting municipal and regional managers (focus on transfer)
- E-learning module
- Presentation of the concept and distribution of educational material for educators at educational institutions





Implementation challenges – Is competence development of professionals the way forward?

- Lack of preparation/training
- Organisational boundaries
- Barriers among professionals e.g. ‘it is a difficult topic’, ‘I need to know the users better’, ‘users have difficulties reflecting’
- Professionals’ lack of competencies to use a collaborative approach and to address a broad concept of health

Equality in health through a collaborative approach

- Knowledge about individual needs and resources is a precondition for targeted and meaningful health promotion interventions
- Reflections about changing health behaviours are created through an equal collaboration between user and professional
- Competence development and concrete tools support the professional in improving communication and collaboration skills, with the goal of motivating users to improve their health

Critical reflections about the project

- The target groups had different perspectives on health promotion and roles
- The user involvement could have been extended to involve users in the management groups of the project and not only in the development and test of the concept
- Risk of involving users with more resources in the development and test of the concept



Thank you for your attention

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Educational manual online:

https://www.ucsyd.dk/fileadmin/user_upload/viden_udvikling/sundhed_sfremme/projekt/LIP_GUIDE_final.pdf