

Creating and testing a Knowledge Translation Casebook to promote positive weight-related conversations between healthcare providers, clients and families

Amy C McPherson, Christine Provvidenza, Laura Hartman, Revi Bonder, Darlene Hubley, Evdokia Anagnostou, Susan Cosgrove, Shannon Crossman, Jill Hamilton, Julia Lyons, Lorry Chen, Jessica Hamilton, Julia Khayat, Brendon Goodman



BACKGROUND

- Healthy lifestyles, growth, and weight are important to discuss with children.
- Healthcare professionals (HCPs) report not feeling confident in addressing these topics.
- To address this gap, a Knowledge Translation (KT) Casebook was developed to support HCPs in having positive-weight related conversations with kids and families.



PHASE I: DEVELOPMENT PROCESS (2017-2018)

- This Casebook was developed with an interdisciplinary team and in consultation with key stakeholders with expertise in the area of weight-management and healthy lifestyles. Casebook creation involved:

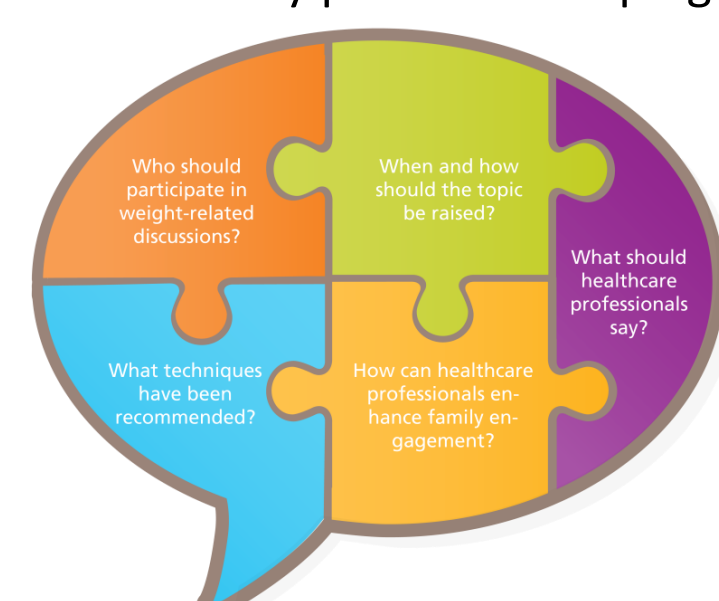


The Casebook:

- Provides the “best available” research evidence.
- Shares perspectives and experiences of children, youth, families and healthcare professionals.
- Provides suggestions, tools, resources and reasoning for practices.

THE FIVE KEY QUESTIONS

- The Casebook was organized according to five key questions that were informed by a research advisory panel and scoping review:



A practical, evidence-based Casebook is available to support clinicians to have positive weight related conversations with children and families.



PHASE II: TESTING (2018-2019)

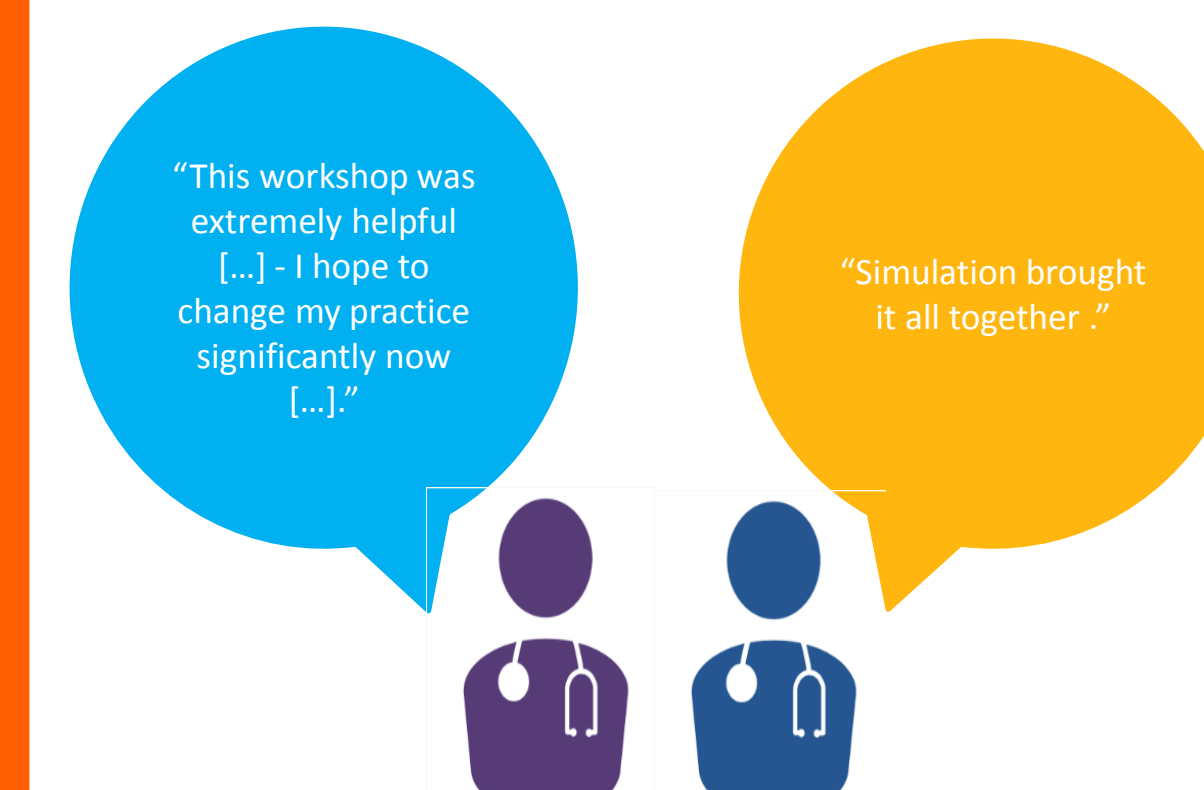
- Aim: to test the uptake of the KT Casebook in clinical settings and evaluate the perceived impact of the Casebook on the clinicians' clinical practice.

METHODS

- An exploratory pilot study was conducted with physicians and allied healthcare providers who are members of the:
 - ECHO Autism initiative.
 - HB's Psychopharmacology team.
- Online and in-person education workshops were created to provide HCPs with knowledge and training.
 - Workshops included didactic teaching and simulation.
- Participants completed:
 - A pre- and post-workshop questionnaire measuring self-efficacy and clinical skills surrounding weight-related discussions.
 - A workshop evaluation.

RESULTS

- Participants agreed that the workshop gave them a clear understanding of the Casebook's content, and helped them easily navigate the Casebook.
- Self-efficacy in having weight-related conversations increased from pre- to post-workshop.
- Weight-management clinical practice scores did not change over time.



KEY MESSAGES

- The Casebook was acceptable and increased self-efficacy about weight-related conversations.
- More robust implementation strategies are needed to foster the uptake of best-practices in weight-related conversations into clinical practice.

NEXT STEPS (2019-2020)

- Dissemination plans: Push the KT Casebook to key organizations and stakeholders to raise awareness.
- Phase 3: we are testing the Casebook in nursing clinical context and explore implementation strategies needed to change clinical practice.
- Long term goals: Wider Canadian (then international) roll-out.

ACKNOWLEDGEMENTS

This work was funded by the Centres for Leadership in Child Development and Innovation, with support from the Holland Bloorview Kids Rehabilitation Hospital Foundation.