



WEIGHT MANAGEMENT PATHWAYS IN HEALTH & SOCIAL CARE IN THE ISLE OF MAN

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Overview



Research rationale and background



Weight management pathways



Research method



Findings and future recommendations

Epidemiology



Global

1.9 billion adults
classed as
overweight
worldwide

650 million of
which are obese



National

28% of adults in the
UK are obese

With a total of 64.2%
of the population
being overweight or
obese



Isle of Man

64.3% of the Manx
population are
overweight or
obese

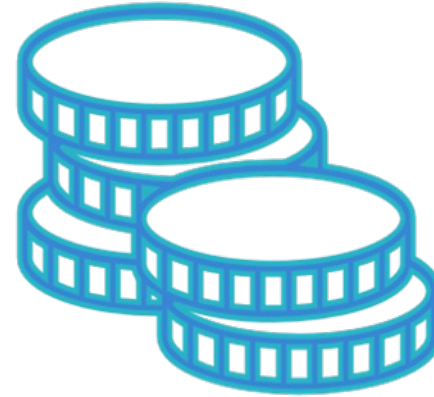
27.7% classed as
obese



Increase in risk of
co-morbidities



Increased mortality
rates with Covid-19



Cost to society

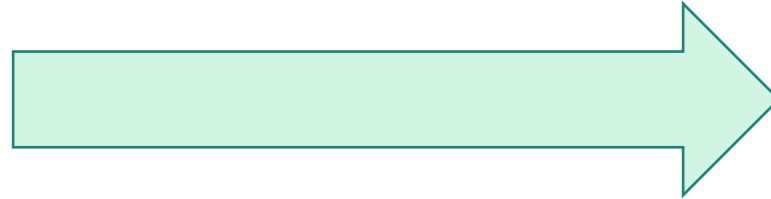


Increase in service
demand

Impact of obesity

2009

IOM Health and Lifestyle survey found that 50.4% of adults were overweight and 15.9% were obese.




2019

IOM Health and Lifestyle survey found that 64.3% of adults were overweight and 27.7% were obese.

2013 – Plan for tackling childhood weight and obesity
2015 – IOM 5 year health strategy
2018 – Public Health annual report

Obesity and the IOM

A scenic landscape featuring a stone path that winds through a lush, green field. The path is composed of irregular, flat stones set in a gravel bed. In the background, rolling green hills rise under a sky filled with soft, white clouds. A small, dark silhouette of a person is visible on the path in the distance. A thin, horizontal teal line is positioned in the upper right corner of the image.

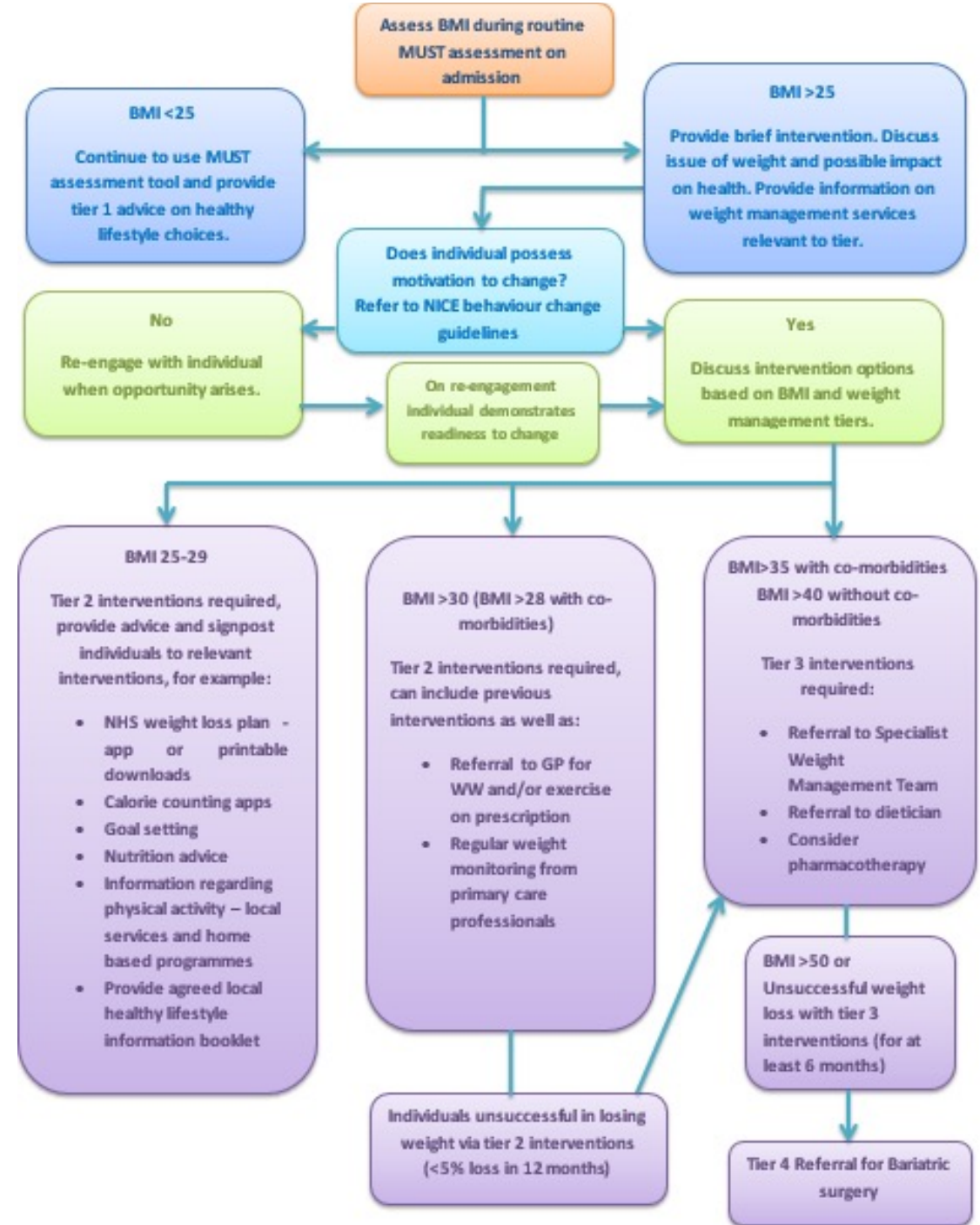
What can we do? –
Devising a pathway

Research Purpose

Following review of relevant literature there is a gap in research on DNs views and beliefs regarding weight management. There is also little research pertaining to HCPs views of WMP and the implementation of them.

I believe that this research could bridge these gaps and provide the local community nursing service with information regarding the need for a WMP locally and so could encourage and facilitate local change. It would also empower staff to give their opinion and therefore reduce potential barriers to change if a WMP is implemented in the future.

Weight Management Pathway for Health and Social Care



Methodology

Approach

Sample

Data Collection

Data Analysis



Theoretical Domains Framework



KNOWLEDGE



SKILLS



SOCIAL OR PROFESSIONAL ROLE & IDENTITY



BELIEFS ABOUT CAPABILITIES



BELIEFS ABOUT CONSEQUENCES



ENVIRONMENT & RESOURCES



SOCIAL INFLUENCES

Codes and themes

Domains	Domain focus	Themes
Environment context and resources	How the environment and resources impact a HCPs skills and behaviours	<ul style="list-style-type: none"> • Current use of the MUST assessment • Lack of a current WMP • Required resources
Knowledge	Identifies what HCPs know about the topic or behaviour	<ul style="list-style-type: none"> • Health promotion and advice
Skills	Focuses on skills staff do or do not possess and how they utilise them	<ul style="list-style-type: none"> • Staff training • Motivational Interviewing
Social or professional role and identity	How a person views their professional role and personal identity in relation to the behaviour	<ul style="list-style-type: none"> • Sensitive topic of weight management • Staff engagement
Beliefs about capabilities	HCPs awareness of their competence and confidence when carrying out certain behaviours	<ul style="list-style-type: none"> • No overarching themes
Beliefs about consequences	How HCPs view the outcome and reason of doing or not doing the behaviour	<ul style="list-style-type: none"> • Patient engagement • Communication
Social influences	Social aspects of what may cause a HCP to carry out a behaviour, ie. social pressure or organisational culture	<ul style="list-style-type: none"> • No overarching themes



KNOWLEDGE

- Health Promotion and advice

“I think if you’ve got somebody with wound or health issues you’d encourage them what to eat”



SKILLS

- Staff training
- Motivational interviewing

“if there was training around it then professionals would be giving equitable advice to each patient.”



ENVIRONMENT & RESOURCES

- MUST assessment tool
- Lack of current local WMP
- Required resources

“I think it would be beneficial for patients but as a professional is gives you that guidance, that flow to follow”



**SOCIAL OR
PROFESSIONAL ROLE &
IDENTITY**

- Sensitive topic of weight management
- Staff engagement

“I think we’re a bit embarrassed to mention it aren’t we? We’re quite happy to mention they’re underweight but to actually say to somebody we need to do something about your weight it’s a different kettle of fish isn’t it, it’s a very sensitive subject”



**BELIEFS ABOUT
CAPABILITIES**

- No overarching themes

“It’s because of the criteria of people we see, it’s different with the treatment room patients, but the ones at home that’s a very difficult group to help change their habits.”



BELIEFS ABOUT CONSEQUENCES

- Patient engagement
- Communication

“not being able to see what others have been discussing, you don’t know what’s been tried in the past or you know even if you could see what the practice nurse has seen them for and suggested and you can reinforce that message”



SOCIAL INFLUENCES

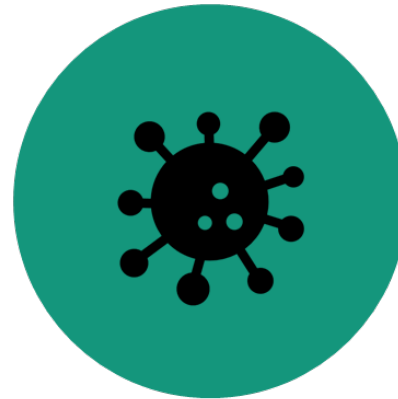
- No overarching themes

“I think we’re more likely to refer them if they’re underweight, not necessarily ignore but don’t really address it as much if they’re overweight do we?”

Limitations of study



NOVICE RESEARCHER



COVID-19

Barriers to the implementation of a WMP



Staff / service
engagement



Cost

Further research



Joint Strategic Needs Assessment



Working group



Staff engagement



Introduction into practice



Recommendations

Our Island Plan – An island of Health and Wellbeing

- An accessible, accountable, and compassionate ‘Right Care, Right Time, Right Place’ health and care system which is there for people throughout their lives.
- Collaboration with community partners in delivering services that help and assist people to keep safe and well.
- Policies and services which mean that people can make healthy choices, in communities that are safe, and with infrastructure and design in towns and villages which promotes and supports health and wellbeing.



Conclusion



“For community nurses faced with patients who may be obese or struggling with their weight, it is important to realise that you really can make a difference.

Rather than seeing obesity as an epidemic, it is vital that nurses focus on providing evidence-based, individualised support that will change patients’ lives.

When it comes to obesity, actions really do speak louder than words.” (JCN, 2018)
