

- Exercise Referral Scheme across 6 local authorities within Greater Glasgow & Clyde with over 7,000 patients per year (est 2007)
- Referral from health professional to advisor within leisure trust
- Over 12 months, advisors help tailor a PA plan, advise and encourage patients, providing the knowledge, tools and confidence they need to meet their lifestyle goals

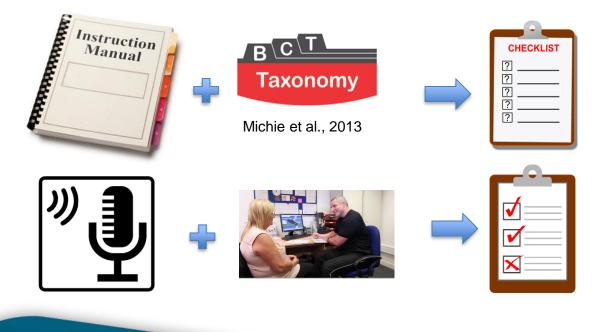
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Intervention Fidelity

What We Think Happens Vs. Reality

Effectiveness of PA interventions is likely to be compromised if interventions are not implemented or delivered as intended (Hardeman et al., 2008)



Checklist of 15 instances of 11 BCTs & 44 other key activities was created

Assessed fidelity of 14 baseline consultations against checklist

For more information please call 0141 232 1860 www.nhsggc.org.uk/physicalactivity



So... what ACTUALLY happens?

BCTs to facilitate initial behaviour change were more common than those for maintenance

21-32 of 44 other procedures were delivered (average fidelity rating of 63% or 27.7 procedures

Most common 'new' BCTs delivered were action planning and social support (practical)

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10 'new' BCTs were delivered which were not in the manual (2-5 per consultation) 5-11 BCTs delivered (average fidelity rating of 51% or 7.7 BCTs)

Goal Setting (Behaviour), Behavioural Contract & Commitment delivered in 100% consultations



Implications and Future Directions

- Advisors had delivered good fidelity with relatively little support
- Evaluating fidelity of interventions as delivered in practice is crucial for understanding factors contributing to, or hindering, intervention effectiveness

First Steps

 Needs Assessment and Training with Live Active Advisors on behavioural change

Underway

• Coproduce 'test of change' projects to facilitate behaviour change

Next Steps

- Update manual & create a 'tool-box' of resources
- Introduce support and guidance for reflective practice for advisors
- Re-assess fidelity, as required

For more information

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