





Supporting health behaviour change in Argyll & Bute: what next?

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**Living Well in Argyll & Bute:
Supporting Enablement, Prevention,
and Self-Management in Argyll & Bute
2019-2024**

- ✓ Highlight the importance of self management
- ✓ Person-centred, collaborative approach
- ✓ People have choices, expertise and responsibility
- ✓ To **Empower** people, **Enable** the workforce, and **Improve Access** to support

And now over to you

REFLECT

- Do you currently support behaviour change?

CHANGE

- What changes can we make to our settings and our procedures?

MAINTAIN

- What can help/hinder you in supporting behaviour change?




Changing how you work

YOU can be the driver of change

To incorporate behaviour change into your daily practice, you will probably have to change your behaviour (types of conversations, use of worksheets, different behaviour change techniques etc...)

Using the MAP model to help you do this:

- Think about how motivated you are to support people to change behaviour?
- What are your goals?
- What will help you change what you do? (and what will hinder you?)



Changing how you work

How motivated are you to use learning from today to support people to change their behaviour?

- Have you been asked to attend today by your line manager or did you choose to attend yourself?
- Do you intend to change the way you support behaviour change in your work?

1. **Pros and cons** of continuing your existing approach to behaviour change?
2. **Look to the future** - what will your service or organisation look like in 5 years if existing approach continues?



Changing how you work

What actions are you going to take to use behaviour change in your work?

- What are the goals/outcomes you want to achieve?
- Set out an action plan!
- For example, I will share the learning from this development day at my next team meeting on XX; I will access MAP online training on Monday

Changing how you work



How do you feel having made a plan?

Is it realistic?

Who do you need to discuss the plan with in your service?

What will help/hinder you in achieving this plan?

If you are in a team, how will you support each other?

NES Map of Behaviour Change training



- 46 MAP trainers in Scotland (1 in Argyll and Bute)
- Grampian, Forth Valley & Borders already using MAP
 - Mental health services as part of 'wellness plan' and increasing physical activity
 - Diabetes prevention
 - Occupational Therapy
 - Oral health
- MAP training valued and provided useful tool to help practitioners have better behaviour change consultations
- Participants perceived the training to be important and increased confidence in using behaviour change techniques

NES Map of Behaviour Change training



Contact Public Health team (i.dryden1@nhs.net) or NES (Heather.connolly@nes.scot.nhs.uk) to discuss how your team/service can use MAP approach:

- Provide initial NHS Education for Scotland training
- Discuss how to improve sustainability of MAP for your team – collaborative approach
- Discuss training for trainer opportunities, so we can increase number of trainers and therefore number of staff trained in this approach
- Build skills practice coaching network

Thank you!



- Event evaluation questionnaire <https://www.surveymonkey.co.uk/r/HBC-2019>
- Health and Wellbeing Development Day report
- Keep in touch about future development days and training events
- Visit our website www.healthyyargyllandbute.co.uk
- Please follow us on Facebook – look up Healthy Argyll and Bute

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