

Improving Treatment & Lifestyle Adherence in Long-term Condition Management:

British Psychological Society, London Office

Attendees:

Clinical Commissioning Group/ LA Public Health leads for long-term conditions (LTCs). Public health specialists, behaviour change professionals, primary care clinicians delivering lifestyle interventions (i.e. smoking, weight management, exercise) and health checks. Clinical leads and managers for LTCs services within hospital and community care e.g. cardiac, respiratory, oncology, renal, diabetes, rheumatology, transplant. Psychology, medical, nursing, pharmacy and allied healthcare professionals looking to build their expertise of working with adherence management.

Aim: For attendees to understand the Health Psychology evidence base about non-adherence, and utilize this knowledge within brief effective clinical intervention strategies to improve and maintain service users' preventative health and adherence behaviours in the context of their LTC management.

Objectives:

- To understand new evidence about psychosocial factors (e.g. beliefs about their condition) that increase non-adherence to prescribed treatment protocols (e.g. medicines, health monitoring) and a healthy lifestyle.
- To understand how people typically adjust to living with a LTC and how this impacts on their beliefs about the importance of following treatment and lifestyle advice.
- To understand the different communication and motivational intervention skills and strategies that can be effective for managing non-adherence and to be able to implement within brief consultations.
- To consider how to translate the knowledge base and skills into clinical practice.
- To be able to review own practice and service protocols to improve personal performance and service outcomes.

Morning session: What are the factors that increase non-adherence?

- What is the Health Psychology evidence base for non-adherence – models, theories and research findings?
- How do people understand their illness and symptoms and how does this impact on their adherence behaviours?
- How and why does polypharmacy and co-morbidity impact on non-adherence?
- Ethical and professional issues related to addressing non-adherence and supporting self-management.
- Communication and motivation intervention skills and strategies that target non-adherence beliefs and behaviours.

Afternoon session: Working with non-adherence & LTCs in everyday practice

- Assessing peoples' beliefs about their condition and treatment.
- Using communication and psychological techniques to improve adherence beliefs.
- Considering how healthcare services and the system impacts on non-adherence.
- Considering how to apply these knowledge and skills within your own service.
- Evaluating your practice and service outcomes.

** Course comprises of taught material, case studies, role plays and active discussions. Our training is skills focused and highly interactive allowing for real time feedback & learning. Certificate of attendance is provided with course materials.*