



- 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)*



Michie et al., 2013



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)

5-11 BCTs delivered (average fidelity rating of 51% or 7.7 BCTs)



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

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

10 'new' BCTs were delivered which were not in the manual (2-5 per consultation)

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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

NHS

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