The implementation of Making Every Contact Count in a mental health setting

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Project Title

Understanding the implementation of 'Making Every Contact Count' (MECC) delivered by healthcare professionals in a Mental Health setting: A pragmatic process evaluation

Background

- MECC is a public health policy that encourages healthcare professionals (HCPs) to deliver opportunistic health behaviour change interventions to patients during routine consultations (PHE, 2016). Evidence suggests that HCPs are unsure about their capabilities to facilitate behaviour change with patients (Keyworth 2018).

- As part of the CNTW programme, a bespoke MECC training has been developed to improve staff confidence in having discussions with service users around physical activity and healthy eating.

- This project will provide relevant evidence to support the implementation process of MECC at CNTW and provide recommendations to optimise the MECC training.

Project Overview

Work Package 1: Healthcare professionals' and service users' experiences of MECC

Work Package 2: MECC intervention fidelity

Work Package 3: Data systems

Aims and Objectives

- Explore perceptions of capabilities, opportunities, motivations and experiences of healthcare professionals (HCPs) delivering MECC

- Assess service users' experiences of receiving MECC

- Assess the theory, techniques and content of MECC as delivered by trained professionals, and report the extent to which it is delivered with fidelity

- Identify data collection and management information systems for MECC

Work Package 1: Healthcare professionals' and service users' experiences of MECC

Aims: To explore the experiences of HCPs delivering MECC at CNTW, including their perceptions of capabilities, opportunities, and motivations; and to explore service users' experiences of receiving MECC in a mental health setting.

Objectives: This will be achieved through conducting interviews with trained staff, non-trained staff an service users

Status: In progress

Work Package 1: Preliminary findings

- 11 interviews conducted with trained staff (Train the Trainer & Bespoke)

- Findings from interviews so far:
- Refresher training needed for staff
- Lack of awareness of MECC across roles
- Systems for documenting MECC needs improvement
- Lack of time to conduct cascade training
- MECC a useful tool to encourage lifestyle changes amongst patients

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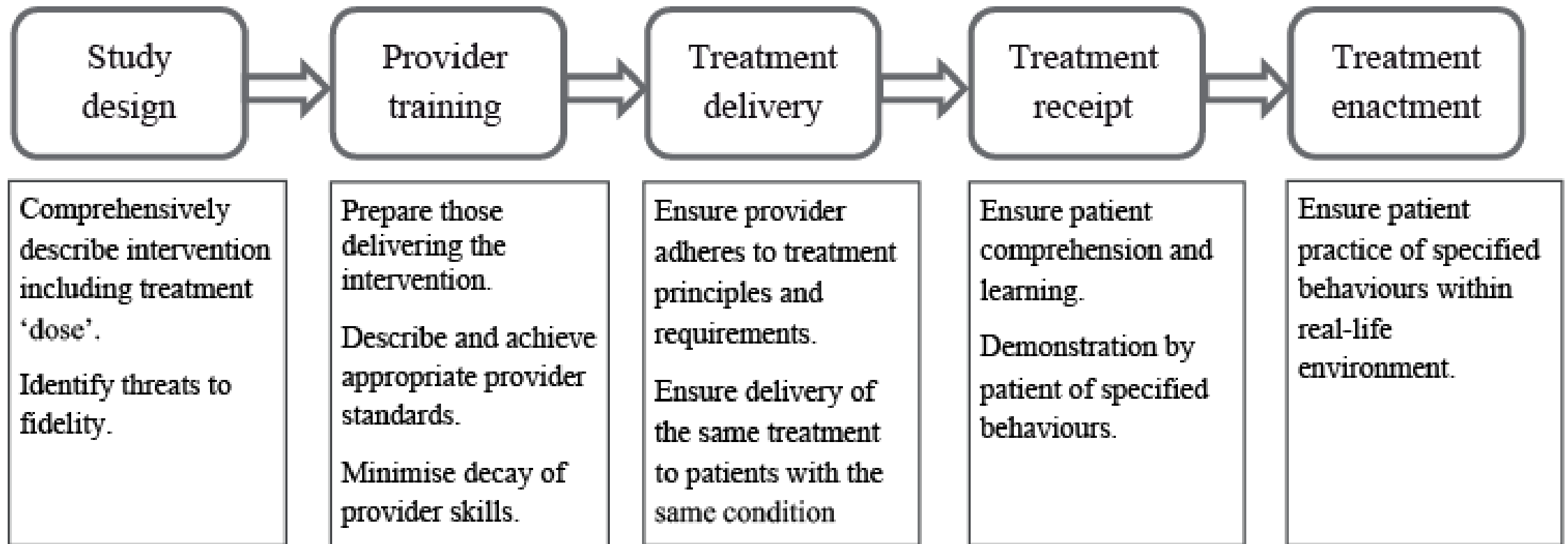# Work Package 2: MECC intervention fidelity

Aim: To assess the intervention fidelity of MECC across the following dimensions: design, training, and delivery.

Objective: This will be achieved through document analysis, observation of MECC training, and analysing medical notes

- **Status: In progress**

Fidelity (Bellg 2014)

Work Package 2: Fidelity of design

- Documentary analysis

- 6 MECC documents coded using BCT Taxonomy v1, ERIC Taxonomy and TiDieR framework

- 22 unique BCTs identified across documents

- Currently being compared to MECC national documents and MECC behavioural analysis (Haighton et.al., 2021).

Work Package 2: Fidelity of training

- 2 training sessions observed (Core MECC + AWOYM, Train the Trainer)
- 4 recordings of training sessions transcribed and currently being coded for BCTs
- 7 training files (presentation slides with notes and flyers)
- BCTs to be compared to assess if what was outlined in training slides was delivered during the training sessions

Work Package 3: Data systems

**Aim:** To identify common data collection and management information systems for recording delivery of MECC at CNTW.

Objectives: Workshop with stakeholders to be conducted in June

- **Status: In progress**

Patient Public Involvement- Representative group

- PPI group- 3 members, attending 3 monthly meetings to provide feedback on aspects of the project.

- Feedback summary on topic guide for service user interview leading to useful changes to questions

- Feedback provided on MECC script, discussed scripts for Alcohol, Physical Activity and Healthy weight management and provided suggestions of how scripts could be discussed during service user interviews

Questions?
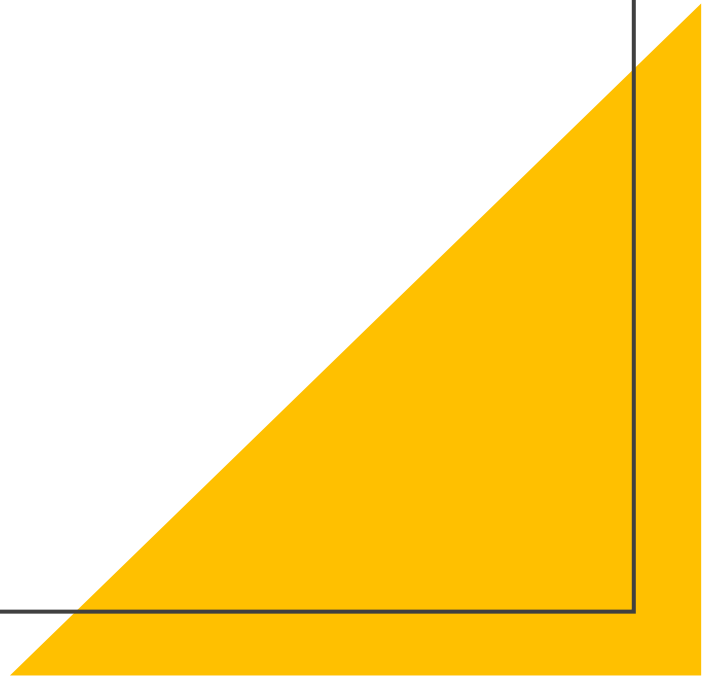
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Study protocol:

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