

Hertfordshire Health Improvement Service Training 2023/24



Aim: To deliver training packages to all professionals who come into contact with members of the public across Hertfordshire to enable staff to initiate or continue healthy lifestyle conversations, encourage positive behaviour change and deliver targeted services in support of clinical interventions.

Objectives:

To be able to offer behavioural change advice through empowerment, resource and knowledge that enables the client to take ownership of their own health and wellbeing and receive support from specialist lifestyle services. The training courses will support in having the confidence to identify opportunities to approach and motivate behaviour change, talk about health, give brief advice, provide ongoing support through intervention and signpost in a holistic person-centred approach.

Available courses:

- Very Brief Advice (VBA) – 30 minute training course
- Brief Advice (BA) – 1 hour training course
- Motivational Interviewing (MI) – 2 hours 15 minute training course

Please see course outlines and learning outcomes overleaf

Other training sessions available:

- MECC Lite – 1 hour 45 minute training course
- MECC – 3 hours 30 minute training course
- MECC Plus – 6 hours 30 minutes training course (accredited)
- MECC Avatar – available at any time – duration varied
- Level 2 Stop Smoking training – 6 hours in total (2 x 3 hour sessions)
- Level 2 Stop Smoking Update Training – 3 hour training course
- NHS Health Check training – new online training package alongside HHIS training video

Generic post course expectations:

- To be aware of conversation opportunities to make every contact count in your everyday role
- To encourage and lead on positive conversations about health and wellbeing for the quality of individual outcomes and understand the benefits lifestyle change can have
- Supporting in approaching change through effective communication and impact
- Learning specific conversation style approaches to continue to empower behaviour change
- Noticing triggers in behavioural patterns and applying lifestyle intervention through learnt skills and resources

Registering:

All HHIS training packages are free of charge to individuals and organisations who work within Hertfordshire and contribute towards the Public Health Strategy 2022-2027. For those who fall outside this eligibility costs may be applied.

Register for VBA, BA and MI training sessions here:

<https://surveys.hertfordshire.gov.uk/s/trainingreg/>

or email healthimprovementservice@hertfordshire.gov.uk for more information.

Course outline and learning outcomes

Course	Duration	Location	Capacity	Summary of course	Learning outcomes
Very Brief Advice (VBA)	30 mins	Online or face to face	16 trainees maximum per session face to face, 30 trainees maximum for virtual	Very Brief Advice training (VBA) is based on behaviour change techniques and healthy conversations to support clients in making a healthy lifestyle change. This course provides support on how to approach very brief conversations to initiate the action and plans for change, following the 3 As approach as a conversation structure. The course is aimed at any health professionals who have limited contact with clients but where effective very brief conversations can be utilised in supporting the client pathway to healthy behaviour change. This course focuses specifically on Stop Smoking as a behaviour change, however the behavioural change techniques (BCTs) applied during the course can be used to approach other Public Health Inequalities such as weight management, physical activity, drug and alcohol intervention and mental health awareness. VBA is has been proven through national training methods to increase professional's confidence and knowledge to improve care given to clients.	VBA training will enable you to: <ul style="list-style-type: none"> • Have a healthy conversation in 30 seconds • Understand where VBA can be initiated • Understand how VBA can be effectively given • How to approach the beginning of a VBA conversation • Learn the VBA method of the 3As • How to carry out a practical VBA conversation by applying the VBA strategy • Have the skills and confidence to begin your VBA conversations • Learn how VBA supports healthy conversations for supporting clients to stop smoking • Be aware of referral pathways for other services who aim to tackle health inequalities
Brief Advice (BA)	60 mins	Online or face to face	16 trainees maximum per session face to face, 30 trainees maximum for virtual	Brief Advice training (BA) is based on behaviour change techniques and healthy conversations to support clients in making a healthy lifestyle change, particularly focussing on supporting clients to stop smoking. This course provides support on how to approach brief conversations to initiate the action and plans for change, following the 3 As approach and OARS as conversation structures. The course outlines the importance of CO monitoring and how to successfully carry out a CO	Brief Advice training will enable you to: <ul style="list-style-type: none"> • Explore Behaviour Change Techniques (BCTs) for limited conversation time • Explore Healthy Conversations Skills (HCS) to support client objectives • Adopt brief advice techniques when encouraging the client's stop smoking journey • Understand and feel confident to use the 3As approach • Understand and feel confident to use the OARS approach

				<p>monitor test. It is aimed at any health professionals who have limited contact with clients but where effective brief conversations can be had in supporting the client pathway to healthy behaviour change. This course focusses on additional behavioural change techniques (BCTs) that can be transferred and applied to approach other Public Health Inequalities. BA has been proven to increase professional's confidence and knowledge to improve care given.</p>	<ul style="list-style-type: none"> • Learn how BA is used in supporting clients to stop smoking • Learn about CO monitors, their significance, use and outcomes • How BA skills learnt can be adapted to other healthy lifestyle conversations
Motivational Interviewing (MI)	2 hour 15 minutes	Face to face only	16 trainees maximum per session	<p>Motivational Interviewing (MI) training is a healthy conversation tool to support health clinicians and health professionals in encouraging and strengthening client behaviour change. Through MI, professionals are able to create a collaborative and shared decision-making environment with the client, predominantly enhancing conversations that are already being had. The course is aimed to bring awareness to the client to lead on their own behaviour change, with the professional providing skills and knowledge to help tackle obstacles and increase development. MI conversations are longer conversations to make behaviour change with in depth plans, such as stop smoking quit attempts, with the course adopting behaviour change tools and techniques such as the RULES methodology. The course provides time for practicing the healthy conversations skills (HCTs) and learning the impact of these tools.</p>	<p>MI training will enable you to:</p> <ul style="list-style-type: none"> • Understand the difference between MI and MECC • The importance of MI in comparison to healthy inequalities • Explore how MI is used in roles to encourage behaviour change • To strengthen the personal motivation of the client to commit and works towards the goal that has been set or may already be in motion • Encourage the client when previous recommendations previously made have not been applied • Use conversation skills through MI conversation techniques to support individuals to decide on their behaviour change and provide them with the tools to make that change • Engage in practical activities to use MI skills and explore new ways of engagement • Understand how MI works to tackle Health Inequalities • Learn signposting to services for additional client support