Engaging practice nurses in obesity management

A clinical academic partnership to pilot the Counterweight Program

Jodi Gray, Veronica Hunter-Riviere, Hossein Afzali, Mark Harris, Catherine Spooner, Hazel Ross, Anna Bell-Higgs, Jonathan Karnon
The Counterweight Program

- Developed by researchers, clinicians, dietitians
- Evidence based
- Used in the UK for 15 years
- Consistent with NHMRC guidelines
Program aims and resources

• Aim: 5 to 10% weight loss
• Health benefit
• Sustainable changes

• Is NOT about
  – Quick fixes
  – Unrealistic ‘ideal weight’
The Counterweight Program

Screen

1 → 2 → 3 → 4 → 5 → 6

6m → 9m → 12m
# UK and Scotland: 12 month results

<table>
<thead>
<tr>
<th></th>
<th>UK (2000-05)</th>
<th>Scotland (2006-10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number enrolled</td>
<td>1906</td>
<td>6715</td>
</tr>
<tr>
<td>Attendance at 12mths</td>
<td>45%</td>
<td>32%</td>
</tr>
<tr>
<td>In attenders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean weight loss (95% CI)</td>
<td>3.0kg (2.4 to 3.5)</td>
<td>3.7kg (3.3 to 4.4)</td>
</tr>
</tbody>
</table>

British Journal of General Practice 2008, 58(553):548-54; Family Practice 2012, 29:i139-44
Pilot of the Counterweight Program in SA

• Aims
  – Determine acceptability
  – Identify necessary changes
  – Refine study methods
Estimated obese adult population (2011-13)

Age standardised ratio (per 100)

- Australia: 27.5
- South Australia: 29.5
- Greater Adelaide: 28.5
- NAML: 32.3

Pilot of the Counterweight Program in SA

- 3 general practices
- 2 nurses from each practice
Program delivery

• 61 adult patients

• Focus on delivery of sessions 1 to 6

• Service payment for each session delivered
  – $25 per session 1 and 2 (~30min)
  – $20 per session 3 to 6 (~20min)
Evaluation

• Data from patient medical records
  – Weight, height, BMI
  – Other relevant outcomes and confounders

• Interviews with
  – Practice nurses, GPs and practice managers
  – Patients
Advantages of the collaboration

• Research expertise
• Better fit with the needs of general practice and the region
• Support for ongoing delivery beyond the pilot
Contacts

jodi.gray@adelaide.edu.au
www.compare-phc.unsw.edu.au

Acknowledgements

The research reported in this presentation is a project of the Australian Primary Health Care Research Institute, which is supported by a grant from the Australian Government Department of Health. The information and opinions contained in it do not necessarily reflect the views or policy of the Australian Primary Health Care Research Institute or the Australian Government Department of Health.