

Sustaining obesity treatment in primary care: Integrating the 5As into clinical practice

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Purpose

This project sought to improve factors known to affect sustainability of a Family Health Team based obesity treatment program.

Methods

This quality improvement project used the National Health Services' Sustainability Model as a framework to design and deploy a targeted intervention to improve factors known to influence the long-term sustainability of innovative programming. A needs assessment was conducted among the Family Health Team staff associated with its obesity treatment program. Consensus was obtained on the priority factor that required improvement and a targeted intervention was designed and implemented in partnership with the staff through a process of rapid-cycle change. A second needs assessment completed at the project's end measured the impact of the intervention and identified other priority areas for subsequent attention after the project completion.

Results

The needs assessment indicated that the program lacked a mechanism to track and report on the progress of the program as a whole. The project integrated the 5As of Obesity Management framework into the program and onto which relevant metrics would be mapped. The integration of the framework and development of a database occurred through a rapid-cycle change process over 4 months. The post-intervention needs assessment identified improvements in the Sustainability Model's Monitoring Factor and new priority factors the group wished to address in the future.

Conclusion

Using the National Health Services' Sustainability Model was effective in integrating a framework and corresponding metrics increased scores for a factor known to influence the sustainability of the obesity treatment program.

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