



Development, validation and evaluation of health promotion training module for lifestyle disorders for interns

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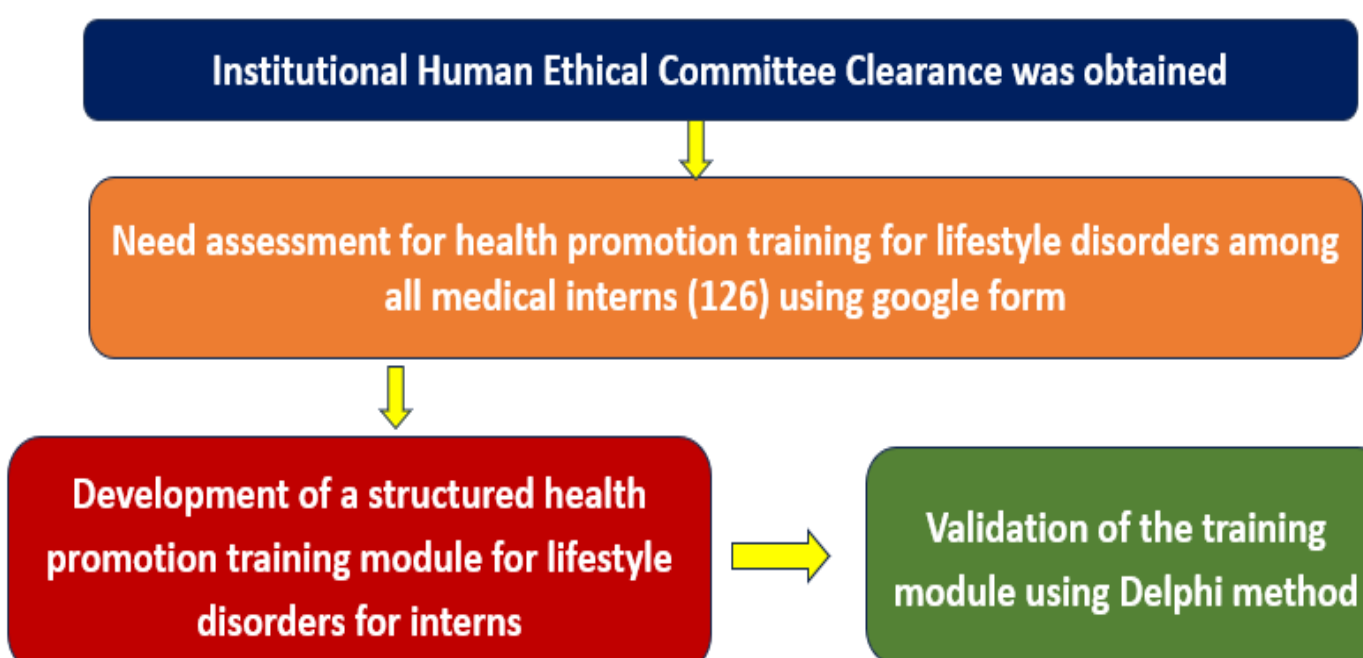
Introduction

- Lifestyle disorders are linked with the way people live their life. These are non-communicable and pose a formidable challenge to healthcare system despite being potentially preventable.
- Role of interns as future physicians, extends beyond therapeutic management to encompass health promotion, prevention, and community engagement¹.
- There is lack of comprehensive and structured training in medical curriculum tailored for interns focusing on preventive aspects of lifestyle disorders.

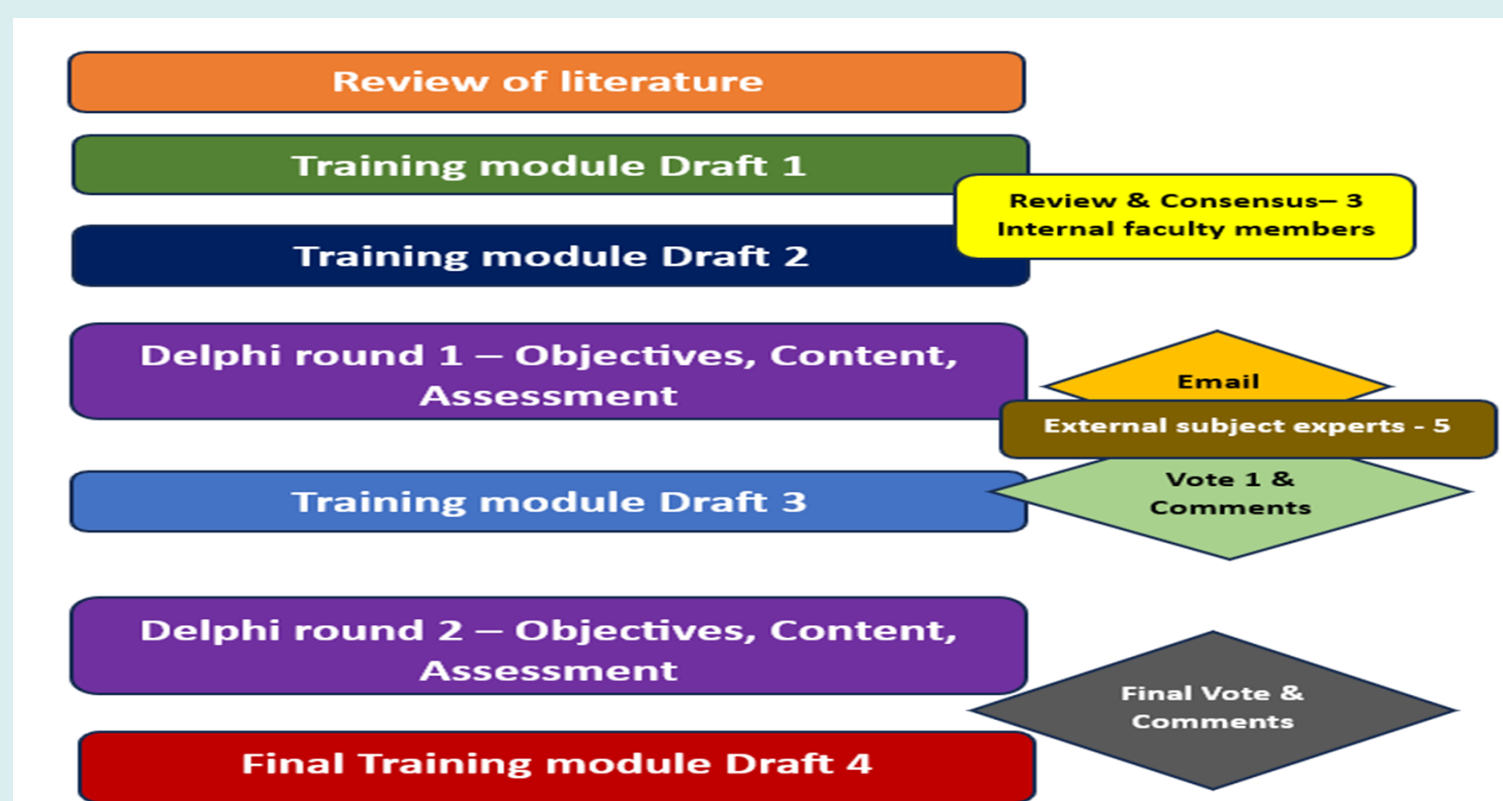
Objectives

- To develop and validate health promotion training module for lifestyle disorders
- To evaluate the effectiveness of health promotion training module among interns

Methods



Process of validation



Three I Framework of training module

Inquire (ask about health problems);
Identify (risk factors for lifestyle disorders); and
Intervene (Counsel the patient appropriately) for lifestyle disorders focusing on hypertension, type-2 diabetes mellitus and obesity

Domains of module

- Physical activity promotion;
- Substance use;
- Nutrition education;
- Stress management
- Mental well-being;
- Behavior change communication;
- Individual risk-assessment and counselling;
- Community engagement.

References

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- Trilk J, Nelson L, Briggs A, Muscato D. Including lifestyle medicine in medical education: rationale for American College of Preventive Medicine/American Medical Association resolution 959. American Journal of Preventive Medicine. 2019 May 1;56(5):e169-75
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Process of Implementation

Study design: Quasi experimental pre-post study design

Study sample: Medical Interns

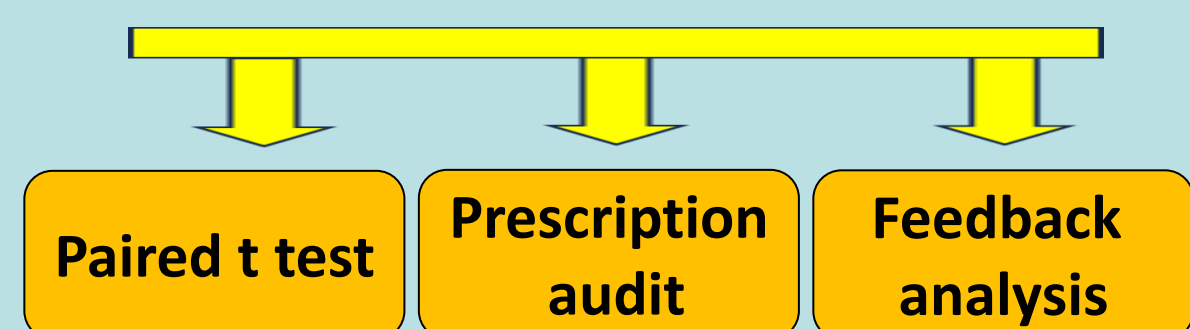
Sample size: 62 Interns

Sampling technique: Universal sampling

Exclusion criteria: Interns absent during all the days of training session

- Three days training during the first week of posting in Community Medicine
- Implementation of training in batch-wise manner
- Completed for two batches of interns - 62
- Pre-test and post-test for both knowledge and skills was done

Process of Evaluation



Results

Pre and post test analysis:

Domain	Pre-test (Mean score)	Post-test (Mean score)	P value
Knowledge	14.32±2.56	17.66±3.48	<0.05
Skill	11.48±3.25	19.88±5.72	<0.001

Prescription audit analysis:

- Weekly random prescription audit analysis was done to assess prescription of lifestyle modification by interns
- 83% interns were prescribing lifestyle modification for all adult patients attending health centres.

Feedback analysis:

- Interns**
 - Interns accepted the training using 3-I framework well
 - They expressed usefulness of training for real-patient encounters.
 - They also suggested to conduct training program during third phase of MBBS with refresher training during initiation of internship.
- Faculty**
 - Faculty also expressed interest in incorporating training sessions during MBBS as the training and OSCEs fit well in the existing curriculum.

Conclusion

The study emphasizes the pivotal role of integrating such comprehensive training program in medical curriculum for combating lifestyle disorders thereby fostering future physicians as effective change agents committed to proactive health promotion advocating healthier lifestyles.

Acknowledgement

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