Training healthcare professionals in motivational interviewing to optimise psoriasis self-management: The IMPACT study practitioner intervention.

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BACKGROUND: Psoriasis is a common long-term, immune-mediated skin condition which can be exacerbated by unhealthy lifestyle behaviours such as smoking, excess alcohol and obesity. Motivational interviewing (MI) is an evidence-based approach to optimising behaviour change in the context of various long-term conditions. This study explored the efficacy, feasibility and acceptability of an MI-informed training intervention (‘Pso Well’: Psoriasis and Wellbeing) for healthcare professionals working with people with psoriasis.

AIMS: To investigate whether: 1) participating in the Pso Well training intervention improves healthcare professionals’ behaviour change skills; 2) intervention delivery is feasible and 3) the programme is acceptable to clinicians.

METHODS: Clinicians’ behaviour change skills were assessed objectively before and after training using the Behaviour Change Counselling Index (BECCI) to score audio-recorded practitioner-patient actor consultations. Feasibility and acceptability were explored in semi-structured interviews with practitioners following training, analysed thematically.

RESULTS: Sixty-one practitioners completed the training (35 dermatology nurses; 23 dermatologists; 3 general practitioners). Practitioners’ BECCI scores increased significantly post-training (t(54)=8.37, p<.0005; \(\eta^2=0.56\)). Thematic analysis revealed that practitioners valued the training and believed they gained new skills relevant to their practice but wanted further training to consolidate skills.

CONCLUSION: The Pso Well training may improve healthcare practitioners’ behaviour change skills in relation to psoriasis management. Clinicians judged training content to be relevant and useful though further opportunity for skills consolidation may be needed. Given the high prevalence of psoriasis, unexpectedly few general practitioners attended. Investigation of the impact of the intervention on patient outcomes is now required.