



2024

CONFERENCE

May 16-18

Montreal, Canada

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# Health education and promotion: How to move away from behavioural prescriptions?

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# Presentation overview

1

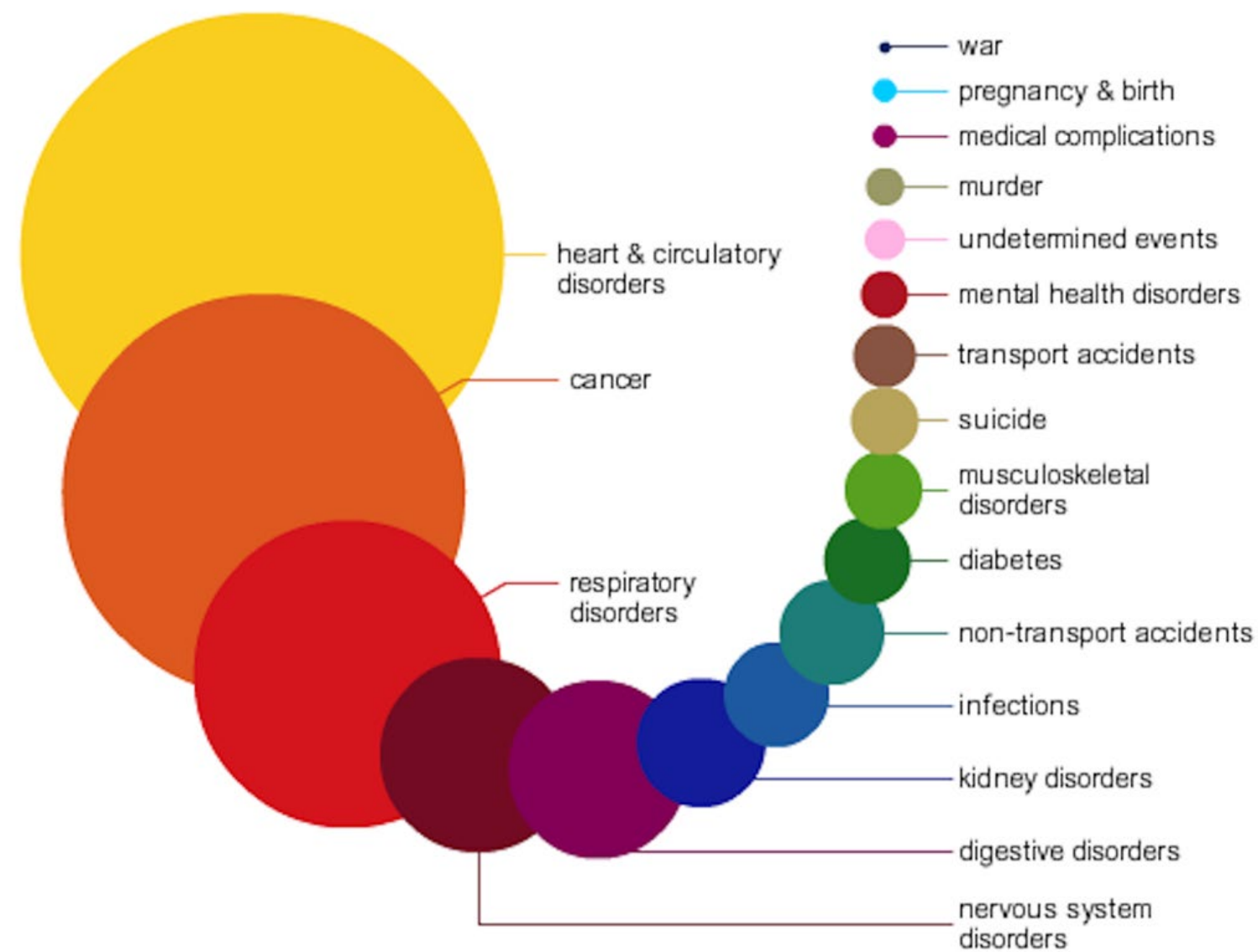
Development and evaluation of professional training programs in health promotion and behaviour change.

2

Intervention, assessment and monitoring of the health of healthcare professionals.

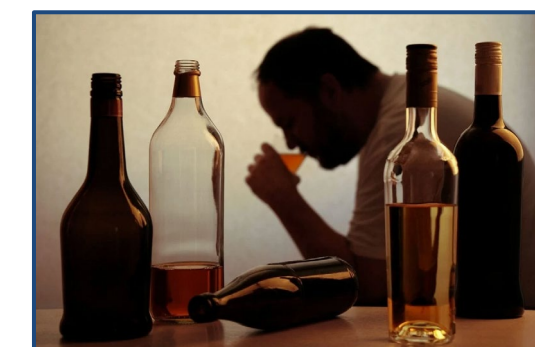
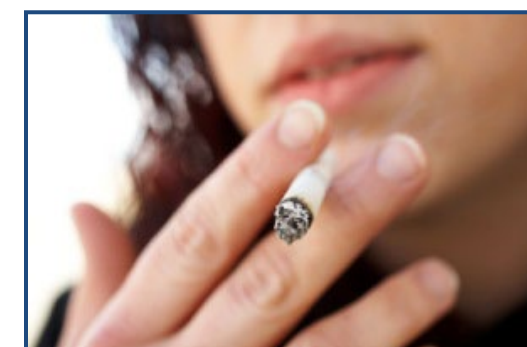


# Leading causes of death worldwide: chronic diseases



(NHS, 2016; OMS, 2023; Statistics Canada, 2021)

Strongly influenced by a group of behavioural risk factors





# Changing your communication style for the patients (not what but how you communicate your health education)



(Beckman & Frankel, 1984; Maguire et al., 2002; Marvel et al., 1999)

Physicians and healthcare professionals,  
according to several studies,

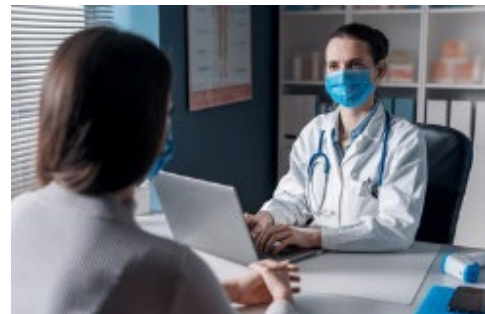
[...] tend to overestimate their  
communication competencies

[...] tend to avoid discussing the emotional  
and social impacts of medical problems due  
to a perceived lack of skills and time

# How to change your communication style for your patients?

## PHASE I a & b DESIGN

Communications training for physicians: a systematic review  
Dragomir et al., 2019, Patient Education and Counseling

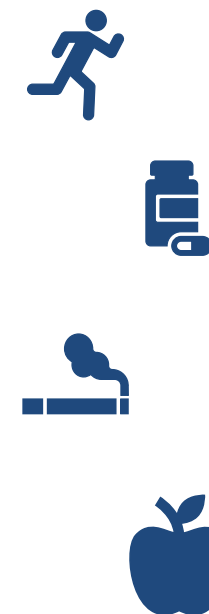


International Delphi  
The definition of Motivational Communication (MC) and the 11 competencies  
Dragomir et al., 2021, Translational Behavioral Medicine



Description of existing communication assessment tools for physicians: a systematic review  
Boucher et al., 2020 Psychosomatic Medicine

Describe physicians' perspective of health risk behaviors in their patients



Develop and validate a new CM competency assessment tool  
Boucher et al., 2022, JMIR Medical Education



The Motivational Communication Competency Assessment Test (MG-CAT)



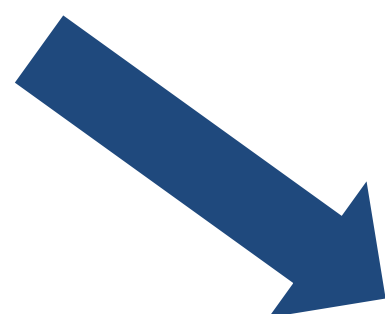
# Adaptation to different types of healthcare professionals and target behaviours

**MOTIVATOR**  
**PROGRAM**

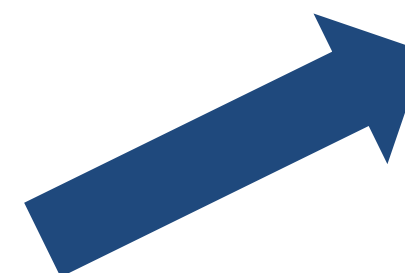


A new type of behaviour

Different healthcare  
professionals



Adaptation  
Knowledge users  
Partners



# Vaccination among patients living with rheumatoid arthritis

## PHASE I b DESIGN

Interventions to improve vaccine acceptance among rheumatoid arthritis patients

Boucher et al., 2019,  
Clinical rheumatology

Understanding factors associated with vaccine uptake and vaccine hesitancy in patients with rheumatoid arthritis

Boucher et al., 2021,  
Clinical rheumatology

Barriers and facilitators to influenza and pneumococcal vaccine hesitancy in rheumatoid arthritis: a qualitative study

Colmegna et al., 2021,  
Rheumatology

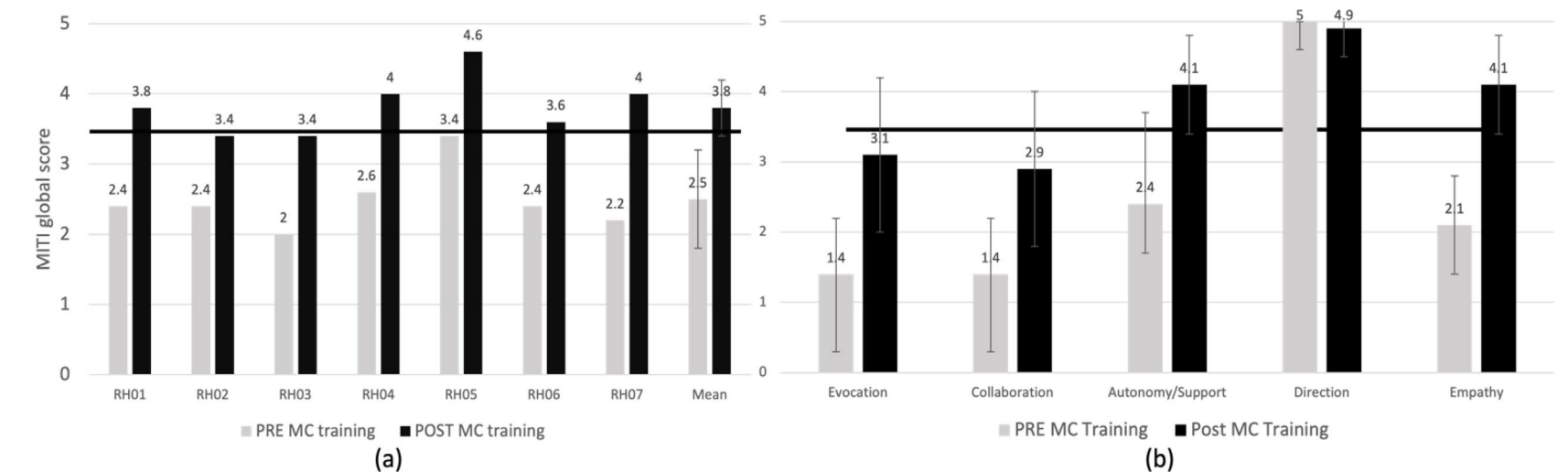


Adaptation of a short training for rheumatologists

## PHASE II a PRELIMINARY TESTING

Training physicians in motivational communication to address influenza vaccine hesitancy: a proof-of-concept study

Labbé et al., 2022,  
Vaccines

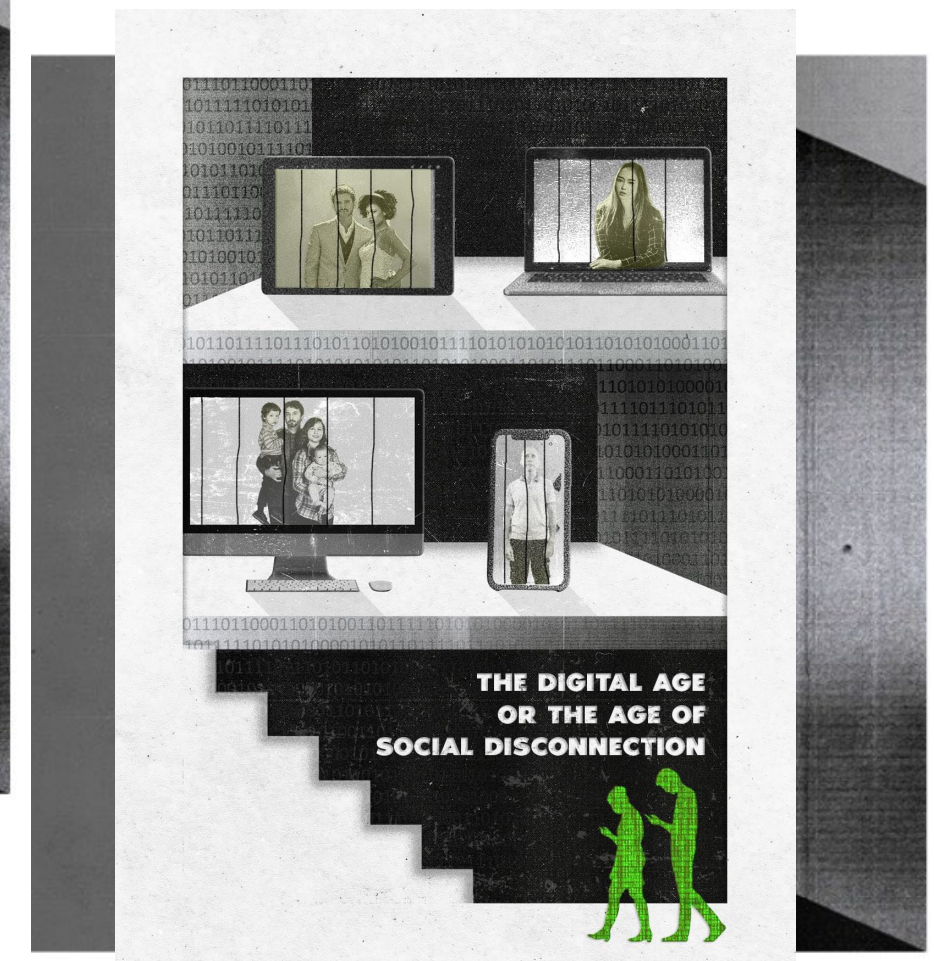




# What about the healthcare workers?

“Let's be aware of our long -term development as professionals and see each stage of our lives as preparation for the next. Being present. Being open. Being curious.”

- Burt Giges



(Boucher, François-Sévigny & Voisard, 2022)



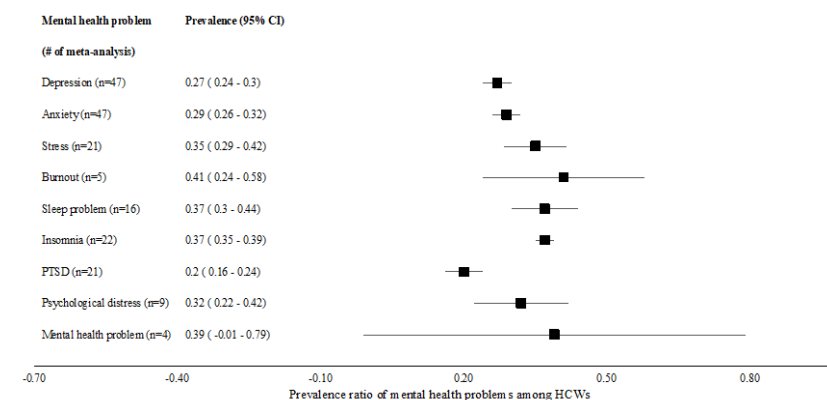
# The well-being of healthcare workers

Canadian healthcare workers' mental health and health behaviours during the COVID-19 pandemic: results from nine representative samples between April 2020 and February 2022



Boucher et al., 2023. *Canadian Journal of Public Health*

An umbrella review and meta-analysis of 87 meta-analyses examining healthcare workers' mental health during the COVID19 pandemic



Boucher et al., In preparation (updated)

Effects of 12 Weeks of At Home, Application -Based Exercise on Health Care Workers' Depressive Symptoms, Burnout, and Absenteeism: A Randomized Clinical Trial



Boucher et al., 2023. *JAMA Psychiatry*

# Implications & Learning

- Matching assessment tool and intervention
- More than advice giving
- Sprint vs Marathon
- Collaborations and Partners Involvement
- We need to be humble!

# Thank you for listening!



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