

# Increasing Awareness of Weight Management Resources Through Facility Specific Patient Materials



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## Introduction

Information about the importance of weight management and obesity prevention abounds in the public arena. Individually applicable information and strategies are not always utilized even if services are readily available. The Nurse Practitioner does not always have the ability to include personalized weight management interventions or education in time-constrained visits in ambulatory settings. Consequentially, creative and effective solutions are needed. This study set out to assess the effectiveness of facility specific patient materials in increasing awareness of the availability of 1) personal weight management counseling delivered by a Nurse Practitioner at the facility and 2) web-based weight management, obesity prevention, and facility resources.

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## Methods

**Sample:** Members of one clinic/facility, males & females, ages 25-65  
**Setting:** Ambulatory clinic with Nurse Practitioners serving as the primary care providers.  
**Method:** : Patient materials (i.e. an informational brochure) which included information about the counseling services available at the clinic and the web addresses of web-based weight management and obesity prevention information from the Centers for Disease Control and Prevention. The brochure was compiled by the research team and was reviewed by a focus group to improve the quality of the design prior to use during data collection.  
**Instrument:** Pretest-post test developed by the research team.  
**Data collection:** Occurred at the faculty and staff clinic at a southeastern university. The recruits were given a recruitment packet, which consisted of a consent form and pre-test upon arrival at the clinic. If they agreed to participate in the study, they were given the informational brochure upon the completion of the pre-test. The post-test (identical to the pre-test) was delivered to each subject via email.

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## Findings

1. A one-tailed, paired samples t-test ( $p \leq 0.10$ ) was conducted to compare the knowledge of the availability of personal weight control counseling delivered by a nurse practitioner at the facility before and after the delivery of the patient materials. There was a significant difference in the scores before the delivery of the patient materials ( $M=1.36$ ;  $SD\ 0.81$ ) and after the delivery of the patient materials ( $M=1.82$ ;  $SD\ 0.40$ );  $t\ (10) = 1.61$ ,  $p = 0.0688$ .

2. A one-tailed, paired samples t-test ( $p \leq 0.10$ ) was conducted to compare the knowledge of web-based weight management, obesity prevention, and facility resources before after the delivery of the patient material. There was a not a significant difference in the scores before the delivery of the patient materials before ( $M = 6.36$ ;  $SD= 1.63$ ) and after the delivery of the patient materials ( $M= 6.73$ ;  $SD = 1.01$ );  $t\ (10)=1.00$ ,  $p = 0.1704$ .

## Implications for Nursing Practice

Nurses and Nurse Practitioners are often tasked with ensuring that patients are aware of the importance of lifestyle decisions and the availability of services that the patient can access to obtain guidance.

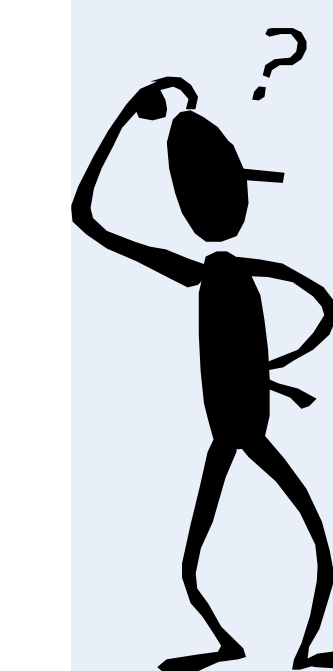
More nursing research should be conducted to ascertain the effectiveness of patient materials. Printed materials that include facility specific information may effectively facilitate this task and therefore improve patient health.

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## Discussion

- The findings suggest that the delivery of patient materials was effective in conveying information about the availability of personal weight control counseling delivered by a nurse practitioner at the facility.
- They also suggest that the brochure was not effective in conveying information about web-based weight management, obesity prevention, and facility resources.
- Patient materials, like the brochure included in this study, should be composed of the information that the healthcare provider needs to convey.
- The results of this study demonstrate the importance of providing clear information about the nature and availability of services directly to the patient.
- On this particular brochure, directions on how to find information about the services may not be effective. Therefore, prior to future use of this brochure in this population, revision is necessary.

The availability and accessibility of healthcare programs and services is futile if the target population is not aware of the programs and services provided.



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