

The DIET-COMMS tool and training package: Developing and assessing communication skills for behaviour change in pre- and post-registration Dietitians.

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Aim

- ▶ To illustrate how the DIET-COMMS training package can support the development of communication skills in pre- and post-registration training.

Objectives

- ▶ Briefly describe the development and validation process for the assessment tool (DIET-COMMS)
- ▶ Briefly outline the development and evaluation process for the open access training package
- ▶ Demonstrate how the training package can be used in practice both for pre-registration and post-registration education and training

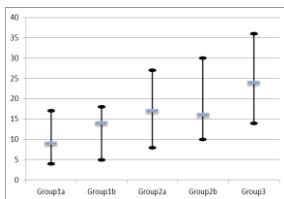
Development of DIET-COMMS

- ▶ **Face validity**
 - Review of literature and tools in existence
 - Mapping of items
 - Development of descriptors
- ▶ **Content validity**
 - Tool, descriptors, a DVD and questionnaire sent to 31 dietitians. 17 responses
 - Do dietitians think the tool contains the appropriate items?
 - 14 respondents felt DIET-COMMS contained everything needed
 - 15 felt it could be used in dietetic practice with training

Construct validity

- ▶ Construct validity measures how well the tool links with theoretical assumptions about the construct (CSBC) it is designed to measure
- ▶ Hypothesis-scores will increase as students go through their training and qualified staff will have higher scores
- ▶ Video recorded mock consultations using simulated patients with 5 different groups of MNutr students/dietitians

Median scores for different groups demonstrating construct validity



Data are shown as group medians, with error bars indicating the maximum score achieved by any member of that group. Numbers in each group were: Group 1a (n=17), Group 1b (n=15), Group 2a (n=21), Group 2b (n=20) and Group 3 (n=21). There were statistically significant differences between groups 1a and 1b ($p=0.027$), groups 1b and 2a ($p=0.019$) and groups 2b and 3 ($p=0.003$).

Inter-rater reliability

- ▶ Consistency of judgments or scores across different assessors (Kline, 2005).
- ▶ Nine RDs were recruited and attended a half-day training course conducted by the researcher on the use of DIET-COMMS.
- ▶ Consultations featured participants from all groups and had been assessed as having the lowest, average and the highest scores within each group.

Inter-rater reliability

- ▶ An intraclass correlation coefficient (ICC) was calculated as 0.49 which is within the range of 'moderate' agreement (0.41–0.60) (Landis and Koch, 1977).
- ▶ ICC gives a measure of the level of reliability of a scale and indicates level of agreement between assessors (Shrout and Fleiss, 1979).
- ▶ One RD (no. 8) gave the lowest score for all consultations and was identified as an outlier on six occasions using box-and-whisker plots. Removing that participant's scores raised the level of agreement to 0.59 (ICC).

Predictive validity

- ▶ If a tool has predictive validity it is able to predict future changes in key variables in expected directions (Bowling, 2009).
- ▶ Participants completed a video recorded consultation both before and after a training course
- ▶ Participants might reasonably be expected to have a higher post-course than pre-course score on DIET-COMMS, on those items that relate to what was taught on the course.
- ▶ 12 people were recruited

Predictive validity results

- ▶ There was no significant difference between DIET-COMMS **total** score
 - pre-training (median 22, range 16–37) and
 - post-training course (median 23.5, range 17–37).
- ▶ However, as expected (indicating predictive validity), the total score for the ten items related to what was taught on the course was significantly higher
 - post-training median 14.50, range 10–19, compared to
 - pre-training median 10.50, range 7–17, (Wilcoxon signed ranks $z=-2.95$, $p=0.003$).

Face validity

- ▶ 8 of the 9 dietitians who completed the inter-rater reliability testing undertook semi-structured interviews to ascertain their views on DIET-COMMS
- ▶ Very positive views
 - Structure
 - Ease of use
 - Scoring system
 - Usefulness of descriptors
- ▶ **BUT** people need to be trained to use it

Development of DIET-COMMS training package

- ▶ Grant from BDA GET
- ▶ Advisory Group
- ▶ Preparation of resources
- ▶ Launch
- ▶ BDA accreditation
- ▶ Evaluation

What does the DIET-COMMS training package contain?

- ▶ Videos (interviewer, patient and service user views)
- ▶ DIET-COMMS
- ▶ Descriptors
- ▶ Feedback sheets
- ▶ A tool to practice assessing
- ▶ Guidance sheets
- ▶ References
- ▶ Evaluation survey
- ▶ http://www.nottingham.ac.uk/toolkits/play_13244

Evaluation

- ▶ Survey within the training package
- ▶ Student survey
 - Robert Gordon University
 - London Metropolitan University
 - University of Nottingham
- ▶ Student focus group
 - 5th December

Key reference

- ▶ Whitehead K.A., Langley-Evans S.C., Tischler V.A. & Swift J.A. (2014) Assessing communication skills in dietetic consultations: the development of the reliable and valid DIET-COMMS tool. *J Hum Nutr Diet.* doi:10.1111/jhn.12136