

## **Brief health promotion intervention in a walk in Centre for minor injuries and illnesses**

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**L**ong term conditions specifically heart disease, cancers, respiratory diseases and type ii diabetes are major causes of non-accidental premature deaths before the age of 65. They are strongly linked to avoidable risky lifestyle behaviours explicitly obesity, smoking and overuse of alcohol. Locally, the health of people in Portsmouth is stated to be varied compared to England average. There are 23% people that smoke 24%, that over use alcohol and 52% that are overweight and obese. Health promotion and public health interventions are needed to improve the state of health for the people in Portsmouth. Traditionally the role of health promotion is provided within general practice, little is known about health promotion in innovative walk in centres and minor injuries/illness units.

**Aims of study:** A feasibility study utilising mixed methodology was conducted to explore the implementation of opportunistic brief health promotion intervention on smoking, alcohol and obesity.

**Methods of study:** Profile to explore the population. A randomised controlled trial to compare effectiveness at two different consultations. Patient/client and nurse interviews to explore acceptability.

**Results:** Seventy six percent of adults between the ages of 16-75 were found to have risky lifestyle choices either from smoking, being overweight, obesity or increased alcohol intake. Over half the participants reported that they would use the services and recommend it to friends, family and colleagues. The majority of nurses thought that it was a good idea.

**Conclusion:** It is feasible, acceptable and effective to provide brief opportunistic brief health promotion interventions in this unit.

### **Biography**

Cindy U Chacha Mannie born and bred in South Africa. She has undertaken Nursing training in Windhoek in Namibia where she started having an interest in Primary Health Care. She has further worked in Primary Health Care in Namibia and Port Elizabeth, South Africa before I moved to England. With a dream to complete a doctorate, she undertook Public Health at Master's level where she developed a further interest in Primary Health care, disease prevention and health promotion. The interest and opportunities realized during at MSc helped to shape up a research project at doctorate level which was successfully completed. And now she is ready for next opportunities.

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